

**Website Resources**  
(Gathered by HDO SBBH Section)

Website	URL	Notes
<p>How is COVID-19 spread and how do you protect yourself against it?</p> <p>World Health Organization</p>	<p><a href="https://www.youtube.com/watch?v=1APwq1df6Mw">https://www.youtube.com/watch?v=1APwq1df6Mw</a></p>	<p>Gives general information about COVID-19</p> <p>*Easy to watch *Illustrated/Animated</p>
<p>Talking with Children about Coronavirus Disease 2019: Messages for parents, school staff, and other working with children</p> <p>Centers for Disease Control and Prevention (CDC)</p>	<p><a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a></p>	<p>General principles for talking with children</p> <p>Facts about COVID-19 for discussions with children</p>
<p>Helping Children Cope with Emergencies</p> <p>Centers for Disease Control and Prevention (CDC)</p>	<p><a href="https://www.cdc.gov/childrenanddisasters/helping-children-cope.html">https://www.cdc.gov/childrenanddisasters/helping-children-cope.html</a></p>	<p>Factors that Influence the Emotional Impact on Children in Emergencies</p> <p>What you can do to help children cope with with a disaster</p> <p>Activity sheet for younger children provided</p>
<p>Supporting Teenagers and Young Adults During the Coronavirus Crisis</p> <p>Child Mind Institute</p>	<p><a href="https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/">https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/</a></p>	<p>Emphasize Social Distancing</p> <p>Understand their frustration not being able to see their friends</p> <p>Support remote schooling</p> <p>Encourage health habits</p> <p>Validate their disappointment</p> <p>Help them practice mindfulness</p>
<p>How to Cope with COVID-19 Self-care as a tool for</p>	<p><a href="https://www.psychologytoday.com/us/blog/resilience-in-the-">https://www.psychologytoday.com/us/blog/resilience-in-the-</a></p>	<p>Health care measures</p>

