



Cough into
your sleeve



Wash your hands



Keep your
distance



Cover your face
(Flap that 2 meters)



Limit your travel

COVID-19 : Let's protect our mental health too !

Caring for teens

Teens often believe that they are invincible, it is characteristic of their age. Adolescence is also the age when children develop their autonomy and seek to distinguish themselves from their parents. This feeling of invincibility, as well as this desire to think for themselves and determine their own actions, can frustrate some parents. Here are some tips to help you deal with situations in a healthy way.

➤ Help them to keep informed



- Give them clear and precise information;
- Stay as specific as possible (the source of information must be credible in **their eyes**);
- Support them in their search for reliable and valid information;
- Treat them like young adults, they are old enough to understand;
- Have discussions with them to validate what they have understood (sometimes the interpretation they have of information can be wrong, which provides you the opportunity to help them understand);
- Give power to your teen by bringing the situation back to their experiences (they are unlikely to die from it, but they have a social responsibility to protect the most vulnerable).

➤ Relieve anxiety



- Avoid passing on your own anxieties by making sure you take care of yourself first;
- Encourage them to share their emotions so they can better understand their reactions to the situation;
- Share some of your own concerns and vulnerabilities as a parent (discuss examples);
- Keep in mind that your teen's irritability and hostility can be their way of expressing their anxiety, insecurity or fears;
- Reassure your teen, despite their age and maturity, to help ease their worries;
- Avoid righteous speeches;
- Encourage them to practice mindfulness and relaxation exercises like meditation and yoga.

➤ Ensure regular, small positive moments with your teen



- It's a way of letting them know that you love them and that you are there for them;
- Prepare a meal together;
- Participate in sports together, while respecting the sanitary measures in place;
- Watch a movie or series together;
- Play a game together (board game, app, video games etc..).



➤ **Involve your teens in the organization of family life**

- Encourage their creativity and point out their strengths;
- Give them responsibilities so they feel useful (have them go to the grocery store);
- Have them find some activities on the Internet that might interest the family or keep younger siblings busy;
- Decide, as a family, on a travel destination for after the pandemic. Let them make the plans;
- Remind ourselves that our teens have a sense of responsibility and are resourceful, let them have the chance to show us. Ready or not, we can « challenge » them.



➤ **Encourage them to maintain a healthy lifestyle**

- Encourage healthy lifestyle factors (balanced diet, daily exercise, getting enough sleep, etc...);
- Encourage them to create their own « special Covid-19 » routine;
- Encourage them to revise/review their educational learning methods.



➤ **Encourage them to maintain their social ties**

- Encourage them to stay in touch with their friends using technological means (ex : Snapchat, FaceTime, apps such as « House Party », virtual 5 à 7s, etc...);
- Remind them of the importance of Internet safety and the importance of reporting inappropriate online behaviour.

Keep an eye out for signs of distress. Asking for help is not a sign of weakness! If you feel overwhelmed, for whatever reason, if you/one of your loved ones is in distress, if a child is in danger or needs protection, you can use any of the resources below:

- **Psychosocial Help Line : Info-social 811**
- **Youth Protection : 1-866-463-0629**
- **Suicide Prevention Hotline : 1-866-APPELLE (277-3553)**
- **Essential services directory : <http://ressortgim.ca/covid-19/> (In French)**
- **Mental Health resource Guide for the Gaspé Coast and the Magdalen Islands : https://casa-gaspe.com/wp-content/uploads/2019/10/Mental-health-Guide_May9.pdf**

Resources	
To deal with anxiety better : <ul style="list-style-type: none"> • https://www.inspq.qc.ca/mieux-vivre • https://ecolebranchee.com/ • https://carrefour-education.qc.ca/ 	For a healthy lifestyle : <ul style="list-style-type: none"> • https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19?lang=fr-CA • https://www.defisante.ca/ • https://move50plus.ca/ • https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/aller-mieux-en-contexte-de-pandemie-covid-19/
To manage family time better : <ul style="list-style-type: none"> • https://www.ecoleouverte.ca/fr/? • http://www.alloprof.qc.ca/ • https://www.teteamodeler.com/ • https://www.viedeparents.ca/ • https://naitreetgrandir.com/fr/ • https://vifamagazine.ca/ • http://www.elaborer.org/covid_enfant.pdf 	Other sources of information : <ul style="list-style-type: none"> • http://lepharmachien.com/covid-19-aplatir-la-courbe/ • https://www.cyberaide.ca/app/fr/ • https://jeunessejeecoute.ca/ • https://www.ligneparents.com/LigneParents • https://www.teljeunes.com/Accueil • https://ampq.org/info-maladie/covid-19/ • http://www.espacesansviolence.org/gaspesielesiles

We wish to highlight and thank Vision Gaspé-Percé Now for their contribution in the translation of this information sheet.