

# OK PARENTS, YOU'VE GOT THIS!

NOW MORE THAN EVER,

A **RESILIENT** STUDENT IS A SUCCESSFUL STUDENT.

BACK TO SCHOOL RESILIENCY TIPS FOR PARENTS OF TEENS DURING COVID19

1

A better prepared student is a **CONFIDENT** student. Make sure your student knows what to expect before returning to school. Give them the opportunity to ask questions, read school websites and emails explaining what the student needs to know about new COVID-19 schedules, academic expectations and safety procedures.

2

Teens build **COMPETENCE** when faced with challenges and by overcoming obstacles. Support their efforts to persevere by reminding them of their prior skills and achievements.

3

Teens need **CONNECTION** to family and especially to friends. Support and encourage your teen to reach out to school friends before school starts.

4

Help your teen build **CHARACTER**. Emphasize what you value and how to show it. "I value kindness and respect so I wear a mask and social distance to keep the people I care about safe."

5

Find ways your teen can **CONTRIBUTE** to their school community. Remind them that they have a lot to offer and that their opinions matter. Being present and focused in both remote and in-person classes show this.

6

Help your teen practice ways to **COPE** when stressed. Many adults and teens are feeling anxious, stressed and worried these days. Both you and your teen can create personalized stress reduction strategies. Some ideas can include going for a run, listening to music, petting the dog or taking deep breaths. Get creative together!

7

COVID-19 has taken away much of the control we have over our own lives and daily decisions. Help your teen regain a sense of power and **CONTROL**. Help them recognize that they have control over what they choose to do or say. Small acts of kindness are totally in their control.

## OK YOU'VE GOT THIS

ADAPTED FROM *BUILDING RESILIENCE IN CHILDREN & TEENS* BY KENNETH GINSBURG, MD



Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.

[okyouvegotthis.org](http://okyouvegotthis.org)