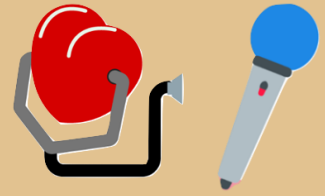


# Talking about COVID-19

Silence and secrets do not protect our children. Honesty and openness do

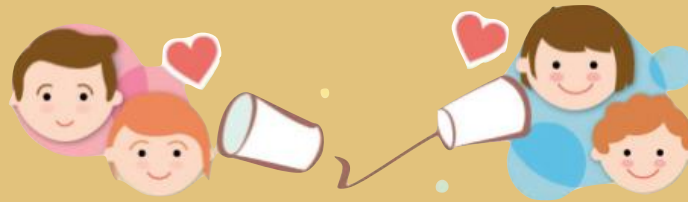
## **Be open and listen**

- Invite children to talk freely about the issue. Ask them open questions
- Listen attentively when children share their feelings. Assure them that it is natural to feel anxious



## **Be honest**

- Always answer their questions truthfully, using age-appropriate language
- It is OK not to know the answers. Use it as an opportunity to find out the answers together
- Remind children to fact-check online information and get informed from reliable sources



## **Say 'No' to discrimination**

- Explain that COVID-19 has nothing to do with what one looks like, where they are from or what language they speak
- Teach children to be kind and caring to others in need



## **Share positive messages**

- Share positive stories of people who are caring for sick people, working hard to stop the outbreak

## **End on a good note**

- Pay attention to children's reactions during the talk and let them know that they can talk to you again whenever they like
- Then do something fun together

April 2020



學生健康服務  
Student Health Service



衛生署  
Department of Health