

Mental health experts provide videos and educational resources to help families talk about COVID-19 and staying safe during the outbreak

Dallas ISD's Psychological and Social Services team has pulled together a variety of educational resources to help families talk about COVID-19 with students of all ages. These videos, guides and online tools are appropriate for students from early childhood to teens and explain the virus, how it spreads, how to practice safe habits to prevent catching and spreading it, and how to avoid handle anxious feelings during the outbreak.

Helping younger students understand the reason school is closed and why they have to stay home, wash their hands and keep their distance to stay safe from the Coronavirus can be a challenge. A video, titled "The Yucky Bug" by Julia Cook is a short video that explains the coronavirus from a child's point of view. <https://www.youtube.com/watch?v=ZD9KNhmOCV4&fbclid=IwAR1kwR2SQ8RLpd6n6QQtY9MX5MNjZcpUa-ig1d0Zzk8IsOB7YKRqCRbX9u4>

This doctors' rap song with music and animation produced by Fox 5 in DC shows kids how to stay safe from the coronavirus.

<https://www.youtube.com/watch?v=2DI0NhJrXTI&fbclid=IwAR1TIFGHrvx7zlnIbaS6CH4X2i5eUzxaFL8hSS3ncwJt-bTmW6tQctDavQ8>

KERA-TV has created a page of parent resources to help them talk to younger kids about the coronavirus and what to do to stay safe and avoid spreading it to others. Find the resource at

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2eljF85_UhXXEtcSDB9RqtopbxFX6yPDDmeHMEddPgklkLize2IzgFOC4

Parents looking for help to explain COVID-19 to students fourth grade and up can get tips from this YouTube video featuring a University of Chicago doctor talking about prevention, social distancing and how to prevent spreading the virus. <https://www.youtube.com/watch?v=vevlVLJk72w>

A Brainpop animation explains the dangers of the Coronavirus, how viruses spread, social distancing and handwashing and how children can get good information and avoid anxiety.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR0nHciCN8vZMQBkXaUhsWE1qq2I-8SRYxvl10OfPWhdPUDumkEtFPkosFc>

The National Alliance on Mental Illness (NAMI) – a national mental health advocacy organization – offers a variety of services for people with mental illnesses. This link to the NAMI webpage has information about its online support group, suicide prevention hotline, training and other treatment resources. <https://namitexas.org/online-support-groups/>