



# Covid-nineTEEN's

## Hints, tips and facts to keep safe through social distancing

Covid-19 has had a huge impact on children and young people across the country. For many there has been an effect on their mental and physical health, as well as their key relationships. But not to fear, the Youth Voice Pioneers are here! Here are some hints, tips and factoids to help us all through!

### Teach tech!

Now is your time to get your voice out there! Teach your family how to use modern technology. Who knows, it might take off for the long-term. Use Skype, Zoom and Google Hangouts to keep in touch with friends and family.

### Do your research

Remember to research the terms and conditions of bursaries and universal credit to ensure your money is safe. Unfortunately for students, even we don't know for sure what will happen for our summer terms. But keep working on non-exam assessment. And remember that, whatever happens, there are people to help you through no matter what!

### Talk to us

Keep talking to us, so we can help you understand what we are feeling, thinking and needing. Maybe set up a inquiry group with young people who observe different faiths.

### Think about others

Be mindful about cultural holidays and the effect Covid-19 restrictions have. Work with communities to find solutions so everyone can observe and practice their faith safely and respectfully.

### Look after yourself

Make sure you make time to have fun and relax! Here's a couple of things we've been doing:

- At home spa day
- House parties
- Watching movies with our friends online
- Indoor or outdoor exercise, tracking our goals and improving!

### Don't forget

Look after your sexual health. Find out where you can easily get condoms and contraception. Find your nearest RedBox scheme to help you access sanitary products, easily and for free.

### Key Takeaways!

Finally, if you are really struggling, here are some key numbers to help you:

**Childline:** 0800 1111

**Kooth:** 0203 984 9332

**The Samaritans:** 0330 094 5717