



# Covid-nineTEEN's

## Hints and tips to help you listen to, value, hear and act on #YouthVoice!

Covid-19 impacts young people differently compared to adults. Calling senior leaders put in the time and resources to listen to young people and hear their stories. Find out from us how to help us, helping you (and your budgets) long term!

### Health anxiety is real!

Health anxiety is a real thing! Young people traveling to education or placement are worried- consider this and talk to young people about how you can help them through youth-proofed policy-making and developing.

### Misinformation

Consider your role in providing accurate information to young people to help them make informed choices about testing for Covid-19 and getting the vaccine. This is a vital life skill that senior leaders and education providers can help give to young people. Consider that telling young people to do something will often turn them off doing what you are telling them to do.

### Positive examples

If you are telling us to wear a mask and get weekly lateral flow tests and get the vaccine, consider, are you and your staff team also doing the same? Role models are vital in helping us make informed choices.

### Long Covid

Consider you are an adult and we, as young people, experience the world and illness differently from you. Take the time and listen to young people with long Covid to understand its impact on our education, health, friendships and family lives.

### Top tips

- **WE LOVE DATA**- help senior leaders have accurate and up to date data.
- **Youth Proof Policy** - young people's worlds are different to adult's. Listen to us and make decisions based on our stories.
- **Role models**- do as I say and as I do. Help us make informed choices by following your own advice, every day!

### WE LOVE DATA

Reporting lateral flow tests every time you take them is vital. It helps give senior health leaders the information they need to make decisions on our behalf. Make reporting fun for you and the young people you are working with. Take a lead from Mary Poppin's!

### Support for Young People

Here is some key info to help you:

**Childline:** 0800 1111 <- young people's help line

**Kooth:** <https://www.kooth.com/> <- mental health support text line,

**Coram:** <https://www.coram.org.uk/> <- supporting children, young people in care

**OR get in touch with your Youth Council or Care Leaver Forum, to influence decisions.**