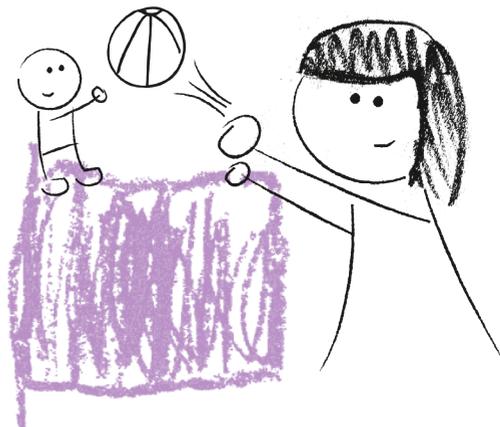


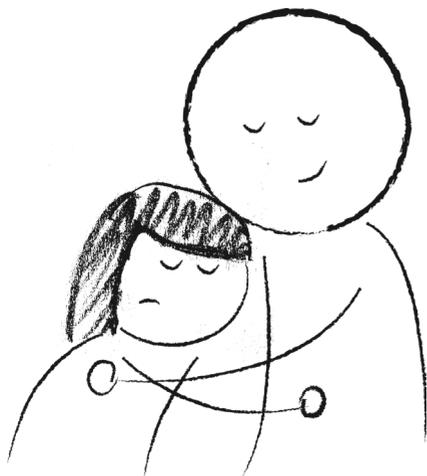
# MESSAGES TO SCHOOL AGED CHILDREN

There has been a lot of changes because of COVID-19 and people are acting and feeling differently. Please be patient with your parents and caregivers and ask them to be patient with you. Through supporting one another, we will get through this difficult time together.

- **This is a stressful time for everyone.** Please be patient with your parents and ask them to be patient with you.
- **You and your friends are feeling lots of different emotions now.** Think about how you feel now and earlier today. Is it the same or different than you think other members of your family are feeling?
- **This time will not last forever** and we will be able to visit our friends again when we are safe.



- **The internet is a good way to socialise, learn, work and play, but there are also risks.** Keep your personal information private. Do not tell anyone, especially strangers, your name, age or location.
- **If you see something on the internet that makes you feel upset, uncomfortable or scared tell an adult you trust.**



- **You are not alone.** Children all over the world are facing this virus together.

## HEALTH MESSAGES

1

If you have questions about the virus, ask an adult you trust. COVID-19 often presents with a high fever and dry cough. If you or a family member has any symptoms, listen to caregivers on how to keep safe.



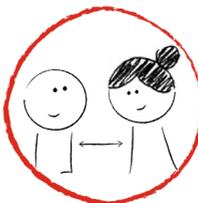
2

Handwashing  
x20 seconds  
(to popular  
song)



3

Coughing and  
sneezing into  
your elbow



4

Physical  
distancing

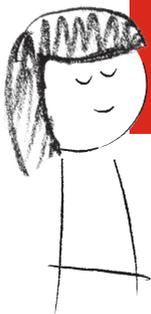


5

Follow government  
instructions about  
going out and  
interacting with  
others.

## GETTING IN TOUCH

- **Website**  
[savethechildren.net/  
what-we-do/protection](https://savethechildren.net/what-we-do/protection)
- **Email**  
[supportercare@  
savethechildren.org.uk](mailto:supportercare@savethechildren.org.uk)
- **Supporter care**  
+44 (0)20 7012 6400



Save the Children works all over the world with children just like you and we have developed an approach called Parenting without Violence to help children and their parents and caregivers better understand and communicate with each other.

We hope that these tips can help. If you are worried about your own safety or the safety of someone in your household, please reach out and seek support.



**Save the  
Children**  
CHANGE THE FUTURE