

#weekly WISDOM

Open Communication with Youth

This week's message of #WeeklyWisdom is a collaborative effort by the agencies that proudly comprise the Community Coalition for Healthy Youth. This message will focus on the importance of open communication with youth, especially during these potentially confusing, scary, and anxious times of social protests, deep political conflicts, and a global pandemic.

Recent events are likely sparking questions or bringing forth concerns from your children and teens. Misinformation about protests, police violence, COVID-19, and the Black Lives Matter movement have spread widely and quickly over the last several months, especially via social media. It is important not to shy away from answering their questions, even if you feel like you don't have all the answers— none of us do! Having open conversations and encouraging them to ask questions can help children and teens stay informed and educated on the sensitive issues that are so prominent in the world right now, while reinforcing with them that you will always be there to have safe, respectful, and honest conversations on any topic of concern.

Below, please find helpful resources on starting these courageous conversations:

Talking to your kids about race and racism:

- <https://www.parents.com/parenting/better-parenting/teaching-tolerance/talking-about-race-with-kids/>
- <https://www.embracerace.org/resources/teaching-and-talking-to-kids>
- <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>
- <https://www.readbrihtly.com/how-to-talk-to-kids-about-race-books-and-resources-that-can-help/>

Talking to your kids about COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>
- <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about?gclid=Cj0KCQjwz4z3BRCgARIsAES_OVf39XsiKv3w7UIjcvVMnYBRfibPBj71PkUKv2vEzzbXu5ckuRQvhYEaAsUOEALw_wcB



Our Community Partners: Alcohol & Drug Council of Tompkins County, Tompkins County Youth Services, TST BOCES Youth Development Program, Tompkins County Health Department, The Advocacy Center, Cooperative Extension— Tompkins County, Catholic Charities— Tompkins/Tioga