



First Nations Health Authority
Health through wellness

Parenting Youth During COVID-19



SUPPORTING YOUTH

Youth are at the stage of human growth and development where they are forging strong relationships with a larger social circle. This can be a particularly hard time for youth as the physical distancing requirements implemented to prevent the spread of COVID-19 have left them isolated from their friends.

We can help youth navigate this difficult time by offering the following suggestions for maintaining their social connections and staying grounded:

- Meditate/practice deep breathing
- Take a bath
- Read about something other than the virus
- Cuddle your pet
- Start an information detox: take a break from news for awhile
- Connect with your culture and participate in ceremony
- Exercise
- Video chat or text with friends
- Host an online games night or dance party
- Check out apps that allow for groups to get together, like Houseparty and video chats on Facebook Messenger
- Go on a physically distanced walk to a beach, forest or park
- Play a board game with your “bubble”

MORE INFORMATION

Indigenous youth in BC are staying well, even during the pandemic. See their videos and read their pages to find out what they are doing to feel connected at www.fnha.ca/youth.

RESOURCES

See the Youth [Resources](#) page for information and supports that can help youth stay well.

VIDEO PLAYLIST

See YouTube for the full playlist of messages from youth about staying well.

