



**ROUND ROCK**  
INDEPENDENT SCHOOL DISTRICT

# Tips on Talking with Secondary Students

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## We are in uncertain times and how we talk to our kids can help ease stress or anxiety.

- Fear can spread faster than a virus, so make sure you are not spreading fear. Focus on facts, not fear!
- Be open about what is happening, but more than talking, listen. As adults, we often want to fix things for our kids. More than fixing, kids right now need adults to truly listen.
- Discuss how our actions can either hurt or help others! This is a great way to tie into how our daily actions impact others in a variety of ways! It is a great social emotional learning lesson.
- Avoid too much news. Set an example of how to get information without needing a constant stream.
- Focus on what positives are coming out from extra time at home. If you focus on good things, so will your kids. If you focus on the negative, so will they!
- Check in with your kids about feelings of anxiety and depression at this time. Try not to minimize these feelings. Once again listen.

### Activity

Draw a circle on a piece of paper. Write everything on the outside that is out of your control. Write on the inside everything that is in your control. It is natural to think about things outside of our control, but focusing on what is in our control will help with feelings of stress and uncertainty!

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## Resources

American Academy of Child & Adolescent Psychology - [Talking to Children](#)

Child Mind - [Talking to Kids about Coronavirus](#)

CDC - [Talking with kids about coronavirus](#)

Harvard Medical - [How to talk to children about the coronavirus](#)

Momentous Institute - [How To Talk To Children About Coronavirus](#)

National Association of School Psychologists - [Talking to Children About COVID-19](#)

National Geographic - [Talking to kids about coronavirus](#)

NPR [Just For Kids: A Comic Exploring The New Coronavirus](#)

PBS - [How to Talk to Your Kids About Coronavirus](#)

Washington Post [Parenting during coronavirus: What to know about play dates, education and more](#)

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