

# Helping Preteens and Teens During Uncommon Stressful Times

Stress can occur at any time due to traumatic events, including the Covid-19 Pandemic. Many everyday activities have changed, including extracurriculars and personal contacts with friends. These missing connections are important physical and emotional aspects of your child(ren)'s life that can't be ignored.

- Allow them to talk about the changes and the loss they are feeling
- Help them find ways to connect with friends through virtual games or get-togethers.
- Model relaxing activities such as a walking, yoga, exercise, crafts, etc.
- Ask how they are doing and what they are missing.
- Help them learn a new skill such as painting, baking, writing stories, etc.

These tips are  
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**EXCHANGE**  
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Exchange, inspiring communities to  
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The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign. Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact

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Believe  
in the  
*Blue*

GET INVOLVED, FIND A CLUB NEAR YOU!