

Resources for back-to-school and more during COVID-19

While Kids Help Phone has supported young people going back to school for many years, we recognize that this year's 'Back to School' is not 'back to normal'. To adjust to this new normal, we have updated several of our resources, and added new ones, to ensure we are providing the best tools, information and support we can to youth across Ontario.

Articles and Tip sheets

[“3 tips to support youth with back to school during COVID-19”](#)

- Article is a downloadable PDF of Kids Help Phone's tips for supporting youth with back-to-school adjustments during COVID-19.
- French: [Link here](#)

[“My back-to-school checklist during COVID-19”](#)

- Article is a downloadable back to school checklist for young people to help them cope with changes to their school year during the coronavirus disease outbreak.
- French: [Link here](#)

[“13 ways to ease concerns about school during COVID-19”](#)

- List of actions young people can take if they have concerns about school during the coronavirus outbreak
- French: [Link here](#)

[“Supporting the young people in your life during COVID-19”](#)

- Article shares some adult-facing tips to help support the young people in their lives during this unprecedented time
- French: [Link here](#)

[“We're here for you during COVID-19 \(novel coronavirus\)”](#)

- Provides list of places for young people to receive information about COVID-19, who they can talk to for support, and links to other articles and tools
- French: [Link here](#)

Downloadable Marketing Materials

Kids Help Phone

To promote Kids Help Phone's free, confidential services in schools, libraries, waiting rooms or anywhere young people anywhere. With the link below you will find a variety of youth materials that you can download, print and share with a young person in your life or with other caring adults including: images for social media, images for websites, and downloadable tip sheets.

Link here:

<https://kidshelpphone.ca/get-involved/programs-resources/download-youth-outreach-materials>

Good2Talk

Good2Talk provides free materials to make it easy to promote services on campuses and across Ontario and in communities. The link below will lead to a variety of downloadable materials for use by post-secondary campus staff, faculty, student unions, student clubs and community members to promote Good2Talk to students.

Link here:

<https://good2talk.ca/materials/>

Through this different back to school time, we also want to reach students where they are with increased social media content. We are launching a Good2Talk Instagram account so we can share information and resources in a timely manner and build a sense of community when many students may still not together every day. We are also actively promoting our services, resources and tools our existing Kids Help Phone channels.

Social Media

Kids Help Phone

Website: kidshelpphone.ca/

Twitter: <https://twitter.com/KidsHelpPhone>

Facebook: facebook.com/KidsHelpPhone/

Instagram: @kidshelpphone

Good2Talk

Website: good2talk.ca/

Twitter: <https://twitter.com/Good2TalkON>

Instagram: @good2talkon