

# COVID-19 Resources for Families

The East Valley Community Coalition (EVCC) wants you to know we are still here for you during this stressful time. Even though we are unable to hold education nights, programs in the school or other in-person meetings, we still want to help families who have kids at home access the tools they need to have conversations about things like drugs and alcohol. Parents and caregivers are the number one influence on their kids, and right now is the perfect time to have family meetings to set those clear standards

EVCC recommends you take the time to talk to your children about COVID-19 in developmentally appropriate ways and use the time to also talk to them about substance use. See the resource list below to start the conversation.

## Talking to kids about COVID-19:

- While children are at a low risk for being infected, they may still be vulnerable to its emotional impacts. Visit <https://www.facebook.com/StartTalkingNowWA/> for tips.
- Have an honest conversation with your children about COVID-19. Tell them if you're scared or tell them you're not scared. Tell them the truth! Share factual information:
- <https://www.doh.wa.gov/emergencies/coronavirus> or [Coronavirus.wa.gov](https://www.coronavirus.wa.gov).
- Common sense media offers tools for explaining news to your children and helping kids sort out fact from fiction about COVID-19. <https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

## Substance Use:

- Have a conversation, not a confrontation. Visit <https://drugfree.org/> for direction, personalized help and step-by-step tips for guiding your children through the tough conversations.
- Visit <https://notmykid.org/> for parent guide's about drug use, alcohol, depression, bullying and even internet safety.
- Download the FREE "Talk. They Hear You." App from the Apple Store, Google Play or Windows Store to practice the important conversations about underage drinking and drug use. Practice bringing up the topic and learn the right questions to ask. (<https://www.samhsa.gov/underage-drinking/mobile-application>)



For questions email Coalition Coordinator  
Kirsten Fuchs at [kfuchs@esd101.net](mailto:kfuchs@esd101.net)



Follow us on Facebook at  
<https://www.facebook.com/Eastvalleycommunitycoalition/>  
for more resources!



**EAST VALLEY**  
Community Coalition

*EVCC is funded by the Washington State Health Care Authority.*