

Stick to the Facts

I have noticed...
(their behaviors)

Ex:

*I have noticed you aren't
drawing as much lately*

Validate

Feeling + Context =
Validation

Ex:

*I hear you that you are
angry about all the
limitations due to
COVID*

3 tips to talk with youth about mood changes during COVID-19 and beyond

Be Ready for push back...

But you might be
surprised that they
are calmer that
someone noticed
and validated their
experiences

Adapted from the article: Checking In on Your Teenager's Mood During the Pandemic by
NYU Langone