



SAFETY SHEET, FACT SHEET &
RADIO PRODUCTION GUIDE

CHILDREN, YOUTH AND MENTAL HEALTH DURING COVID-19

INTRODUCTION

The COVID-19 pandemic has brought about many unexpected changes for all of our lives. We are receiving information daily, teaching us about COVID-19 symptoms, new definitions and safety measures to help us manage our health. In as much as keeping up with updates on COVID-19 is empowering, it can also become overwhelming for our mental health. Many of you are staying home in efforts to stop the spread of the virus, and may find that this disrupts your usual routines. Adjusting to new ways of learning, not being able to see your friends and having to get used to being around your family can be difficult to adjust to. Some of you are worried about the people who are close to you, especially if they are at a higher risk of becoming unwell. During a crisis such as the one we are facing, it is normal for your mental health to be affected, and for you to experience feelings of anger, stress, anxiety or fear.

It's important to strike a balance between staying in touch with the relevant information and making time to focus on you. Finding ways to connect with your

friends without meeting face-to-face, doing some of your favorite activities, keeping your mind active and looking out for positive stories are some of the things that you could do. It's also important to not judge your feelings and communicate with people you trust if you are struggling. Having a tough day or feeling stressed at this time is completely normal, and is something that most people are experiencing.

It also helps to make sure that you use reliable sources of information like UNICEF and the World Health Organisation sites, in order to avoid fake news and rumors that cause fear and panic. If you do experience symptoms, make sure to speak to your parents or call your regional hotline for advice, but always remember that COVID-19 can be treated. Make sure to continue taking the recommended precautions like washing your hands regularly, engaging in social distancing and not touching your face. All in all, try as much as you can to be kind to yourself and those around you, as that is what the world needs right now.



DEFINITIONS

- A **pandemic** is a global disease outbreak. It differs from an outbreak or epidemic because it:
 - affects a wide geographical area, often worldwide;
 - infects a greater number of people than an epidemic;
 - is often caused by a new virus or a strain of the virus that has not circulated among people for a long time. Humans usually have little or no immunity against it. The virus spreads quickly from person-to-person worldwide;
 - causes much higher numbers of deaths than epidemics; and
 - often creates social disruption, economic loss, and general hardship - [APIC.org](#).
- People are put in **quarantine** when they are not currently sick, but have been or may have been exposed to a contagious disease, such as COVID-19. This can help stop the spread of the disease. People have limited contact with others for the duration of the COVID-19 incubation period (time from infection to showing symptoms) which ranges from 2 to 14 days - [Centers for Disease Control and Prevention, National Institute for Communicable Diseases](#).
- **Self-quarantine** is another preventative measure for people who have been to high-risk COVID-19 countries such as China, Spain, USA or Italy or who have been in contact with someone who has travelled to these countries. Staying at home, instead of going to school or work and only leaving when it's absolutely necessary, for instance, to get groceries - [Centers for Disease Control and Prevention, World Health Organization](#).
- **Isolation** happens when a person is infected with an infectious disease and is separated from people who are healthy. This also helps to stop the spread of the disease - [Centers for Disease Control and Prevention](#).
- **Self-isolating** is similar to self-quarantine. A person goes into self-isolation when they are exhibiting flu-like symptoms and can confirm to have been in contact with someone infected with COVID-19. During this time, people must limit contact with others and contact a medical professional - [World Health Organisation, South African Department of Health & Centers for Disease Control and Prevention](#).
- **Social distancing** involves remaining out of crowded public places where close contact with others may occur, such as shopping centers, movie theaters and stadiums. It involves avoiding mass gatherings and maintaining distance (2 meters) from others where possible. Social distancing measures often mean cancelling big gatherings (such as conferences, classes, and sporting events), restricting mass transit and travel, and working from home - [Centers for Disease Control and Prevention](#).

OTHER DEFINITIONS

- **Mental health** is an essential part of all of us which includes our thoughts and feelings, how we are getting on with other people and how we are managing day-to-day life. Having good mental health is about feeling positive about ourselves, or sometimes just feeling good enough. Just as everyone has physical health, everyone also has mental health. The state of our mental health doesn't stay constant but changes, often in response to things that are happening in our life - [jigsawonline.ie](https://www.jigsawonline.ie).
- **Depression** is a common but serious mood condition. It causes symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or going to school. In some cases, medical treatment may be needed for someone to feel better. To be diagnosed with depression, the symptoms must be present for at least two weeks. Symptoms of depression vary widely from person to person. Often when you are depressed, you may feel sad, hopeless and a loss of interest in things that you often enjoy - [National Institute of Mental Health](https://www.nimh.nih.gov/).
- **Anxiety** is a term used to describe a normal feeling people experience when faced with threat, danger, or when stressed. When people become anxious, they typically feel upset, uncomfortable or tense. There are times when anxiety can also be a positive thing. Feeling anxious about something like an exam or a driving test can be a motivator to study and practice. But sometimes, feelings of anxiety can become overwhelming and interfere with our daily lives, especially if they persist for a long period of time - [jigsawonline.ie](https://www.jigsawonline.ie).
- **Stress** is our body's response to pressures from a situation or a life event. What contributes to stress can vary hugely from person to person and differs according to our social and economic circumstances, the environment we live in and our genetic makeup. Some common things that can make us feel stress include experiencing something new or unexpected, something that threatens your feeling of self, or feeling you have little control over a situation - [Mentalhealth.org.uk](https://www.mentalhealth.org.uk).
- **Anger** is a feeling we all experience. It's an emotional state that comes with thoughts and often physical feelings as well. Anger often comes with a sense of injustice; maybe you feel you've been treated unfairly or someone else has been. It can be a great motivator, prompting us to make changes and tackle inequalities. We can also feel angry when we have no control over things, when we feel stressed, or under a lot of pressure - [jigsawonline.ie](https://www.jigsawonline.ie).
- **Panic** is sudden extreme anxiety or fear that may cause irrational thoughts or actions. Panic may include rapid heart rate, flushing, sweating, and trouble breathing - [cancer.gov](https://www.cancer.gov).
- **'Fake News'** does not have a straightforward or commonly understood meaning. This is because

OTHER DEFINITIONS

'news' means verifiable information in the public interest, and information that does not meet these standards does not deserve the label of news. In this sense then, 'fake news' is a contradiction, as it means that the credibility of information is undermined and therefore isn't really news - [UNESCO](#).

- **Disinformation** is a term generally used to refer to deliberate attempts to confuse or manipulate people through delivering dishonest information to them. This is often combined with communications strategies or tactics like hacking or compromising of

persons. Disinformation is dangerous because it is frequently organised, well resourced, and reinforced by automated technology. Disinformation is information that is false, and the person who is disseminating it knows it is false - [UNESCO](#).

- **Misinformation** is generally used to refer to misleading information created or disseminated without manipulative or malicious intent. Misinformation is information that is false, but the person who is disseminating it believes that it is true - [UNESCO](#).

TO GET YOU THINKING

NEWS ARTICLE:

WHO's message to youths on COVID-19: 'You are not invincible'

WORLD NEWS, MARCH 20, 2020 / 8:29 PM / 25 DAYS AGO

Journalist: Stephanie Nebahay

GENEVA (Reuters) - Coronavirus can sicken or kill young people as well and they must also avoid mingling and spreading it to older and more vulnerable people and each other, the World Health Organization said on Friday. With more than 210,000 cases reported worldwide and a death toll of 9,000, each day brings a "new and tragic milestone", WHO Director-General Tedros Adhanom Ghebreyesus said. "Although

older people are hardest hit, younger people are not spared. Data from many countries clearly show that people under 50 make up a significant proportion of patients requiring hospitalisation," Tedros told a virtual press conference. "Today I have a message for young people: You are not invincible, this virus could put you in hospital for weeks or even kill you. Even if you don't get sick the choices you make about where you go could be the difference between life and death for someone else," he said. But for the first time the central Chinese city of Wuhan, the outbreak's epicentre, reported no new cases on Thursday, "providing hope for the rest of the world that even the most severe situation can be turned around", Tedros said.



TO GET YOU THINKING

- > What is the message directed to youth in this article?
- > What positive information does the article share?
- > Which words or phrases would you change in this article to give it more of a positive outlook without compromising important information?

COPING AND REDUCING STRESS

People react very differently to stressful situations. How people respond to stress can be influenced by their culture, background or community. Finding ways to cope with our stress during COVID-19 will protect our mental health and allow us to feel strong and more in control. Check out the tips below to find ways that you might not have thought of before on how to deal with stress - [Centers For Disease Control and Prevention](#).

TIPS FOR YOU:

Talking or reporting about topics of crisis such as the COVID-19 outbreak could also lead to you feeling anxiety, fear and stress. Below are some tips that you, as a reporter, need to consider while performing your duties, so that you are able to maintain good mental health and remain stable in this time.

1. Recognize that your anxiety is completely normal. If school closures and alarming headlines are making you feel anxious, you are not the only one. In fact, that's how you're supposed to feel. Your anxiety is what will motivate you to keep up behaviours that keep you safe, such as washing your hands, not touching your face and social distancing.

2. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

3. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

4. Make time to unwind. Try to do some other activities you enjoy, or maybe learn a new skill or start with a new hobby. Find what feels right for you and focus on doing that in order to feel good.

5. Connect with others. Talk with people you trust about your concerns and how you are feeling. If you want to spend time with friends while you're practicing social distancing, social media is a great way to connect. Get creative: Join in a Tik-Tok challenge like [#safehands](#).

6. Focus on sharing positive stories or information about recoveries and not only infections or deaths as a result of COVID-19.

7. Try to maintain some kind of daily routine or create a new one. Maybe wake up at the same time everyday, and schedule your homework time, activities and connecting with friends time routinely - that way you'll feel more in control.

TIPS FOR SUPPORTING OTHERS:

Knowing and sharing facts and accurate about COVID-19 can help to reduce stress. Helping people to understand the risk and how to minimise it during the outbreak will not only help them manage their stress, but will also help them to feel connected and heard about their concerns. Make sure that you are using reliable sources [such as the [UNICEF](#) and the [World Health Organization's](#) websites], as well as your government official sites to get information.

1. Engage in active listening by making a conscious effort to not only hear the words that people are using, but to also read other communication such as tone of voice, body language, choice of language in order to understand what they are really feeling.
2. Reassure people by reminding them that they are not alone in their feelings and encourage them to talk about how they feel. It could be helpful to also talk about your own feelings with them as well.
3. Be selective about the words that you use, try using words such as 'brave', 'courageous', 'smart', 'proud' or 'inspiring' when communicating with others in crisis about their experiences. Words like this show empathy and can help people feel empowered during a crisis.
4. Normalize anxiety, and remind people that they are not alone in feeling fear or stress during the outbreak of a pandemic.
5. Talk about close relationships that people have: such as with family, parents, friends or any other loved ones. Find out how they are feeling about their relating with those they care about, or what they miss or find challenging in these relationships.
6. Mention time: Because a pandemic like this sometimes blurs our sense of time, people can feel lost or disoriented. Help people feel a sense of control by mentioning times that matter to them, such as, 'what's happening tomorrow', or 'what are your plans for next week?', 'what do you see yourself doing in a certain month'.

- [weforum.org](https://www.weforum.org) and [Centers For Disease Control and Prevention](https://www.cdc.gov)

A MESSAGE FOR PARENTS AND CAREGIVERS

Parents and caregivers need to be aware that most children and teenagers will look to them for cues on how to react to the COVID-19 pandemic. When parents and caregivers deal with the situation in a calm and confident way, then young people will also copy this behaviour and react similarly. As this pandemic is new for everyone, it is important for parents and caregivers to prepare themselves to respond to young people with facts and reassuring sentiments.

BEHAVIOUR CHANGES:

Centers For Disease Control and Prevention ([CDC](#)) recommends that all parents and caregivers watch for these behaviour changes in their children during the COVID-19 period:

- Excessive crying or irritation in younger children;
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting);
- Excessive worry or sadness;
- Unhealthy eating or sleeping habits;
- Irritability and “acting out” behaviors in teens;
- Poor school performance or avoiding school;
- Difficulty with attention and concentration;
- Avoidance of activities enjoyed in the past;
- Unexplained headaches or body pain; and
- Use of alcohol, tobacco, or other drugs.

TIPS FOR PARENTS AND CAREGIVERS:

For parents and caregivers who are looking for ways in which to engage children, teenagers or young people about COVID-19, UNICEF has compiled a list of tips that can assist in [COVID-19 parenting](#):

- One-on-one time
 - Set aside time to spend with each child, at least 20 minutes each day;
 - Ask each child what they would like to do;
 - Switch off the TV and phone, and make it a ‘virus-free’ time.
 - Listen to your children, look at them and give them full attention.
- Keep it positive
 - Use positive words to ask for things or give instructions;
 - Praise your child when they behave well;
 - Be realistic about what your child can and can’t do, for example - while you are busy with a work call.
 - Help older youth to connect with their friends on social media by sharing your devices for a given time.

- **Structure Up**
 - Create a daily routine that has a schedule for structured activities and free time.
 - Teach young people about keeping safe distances, make sure that you model this behaviour as well when with them in public.
 - Make handwashing and hygiene a fun habit that is practiced daily.
 - Take a minute each day to praise something about your child's behavior
- **Deal with bad behaviour**
 - Use consequences instead of hitting or shouting to get your child to take responsibility. Eg. 'no phone for an amount of time', 'keeping silent', 'no tv today', 'washing dishes', 'clean the garden'.
 - Notice and call out bad behaviour, then redirect them to what the good behaviour is.
 - Take a pause and try to respond to bad behaviour in a calm way.
- **Keep calm and manage your stress**
 - You are not alone - reach out to someone you trust who you can talk to about your own fears.
 - Take a break - when you are not with young people, do something that you enjoy and that helps you relax. Do something just for you.
 - Listen to your children and accept how they feel and give them comfort.
 - Take a few deep breaths when you feel emotions of anger, worry or stress.
- **Talk about COVID-19**
 - Be open to your child asking questions in order to understand.
 - Be honest with your child about things that you don't know, then verify the information using reliable sites.
 - Correct stigma and judgements about people who are sick or those who care for them. Reinforce the message that everyone is at risk.
 - Check in often to see if your child is okay, do fun activities and reinforce positive thoughts and media regarding the pandemic.

BUSTING MYTHS

MYTH	FACT
Some races, communities or groups in society are immune to the COVID-19 virus and can't be infected.	COVID-19 has and is likely to affect people from many countries, of all races and ethnicities, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country.
Wearing a face mask is enough to keep me safe from the virus when I am in public.	Face masks are not a substitute for social distancing. It is recommended that people try to keep about 2 metres between themselves and others whether they are wearing a mask or not.
The COVID-19 virus cannot be transmitted in hot or humid climates.	From the evidence so far, the new coronavirus can be transmitted in ALL AREAS regardless of climate.
5G networks can spread COVID-19	Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.
Holding your breath for 10 seconds or more without coughing or feeling discomfort means that I am free from COVID-19.	The most common symptoms of COVID-19 are dry cough, tiredness and fever. The best way to confirm whether or not you have the virus is through a laboratory test.

DID YOU KNOW?

While depression is more common in adults, it occurs in at least 2 in every 100 children.

CHILDREN ARE MORE LIKELY TO BECOME DEPRESSED IF THEY COME FROM BROKEN HOMES, HAVE SUFFERED ABUSE OR NEGLECT, OR HAVE LOST A PARENT EARLY IN THEIR LIFE. ANOTHER CONTRIBUTING FACTOR IS CHILDHOOD ILLNESS.

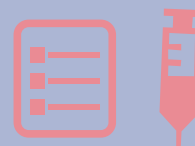


CURRENTLY, MORE THAN 33% OF COUNTRIES ALLOCATE LESS THAN 1% OF THEIR TOTAL HEALTH BUDGETS TO MENTAL HEALTH.



DEPRESSION AFFECTS PEOPLE OF BOTH SEXES AND ALL RACES, CULTURES AND SOCIAL CLASSES.

There is only one psychiatrist per 100 000 people in over half the countries in the world.



ONE IN FOUR PEOPLE IN THE WORLD WILL BE AFFECTED BY MENTAL OR NEUROLOGICAL DISORDERS AT SOME POINT IN THEIR LIVES.

Whilst teenagers do experience depressed moods as a norm, clinically diagnosable depression occurs, and affects 5 in every 100 teenagers. Like “adult” depression, it can cause interference with daily activities, including a deterioration in academic performance, loss of interest in friendships and decreased enjoyment in activities and hobbies.

Around 450 million people currently suffer from mental health conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.



RESOURCES

- [unicef how teenagers can protect their mental health](#)
- [unicef voices of youth campaign/covid-19 and mental health](#)
- [cdc daily life managing stress](#)
- [sadag depression brochure](#)
- [jigsawonline.ie young people anxiety](#)

South Africa:

Government official coronavirus website available to those without data:

- <https://coronavirus.datafree.co/>

COVID-19 virus South Africa resource portal:

- <https://sacoronavirus.co.za/>

Help for mental health issues: call the SADAG helpline on 0800 456 789 or Lifeline (National Toll-Free Line) 0861 322 322

The Coronavirus public toll-free number that is now operating 24 hours a day: 0800 029 999

Access all COVID-19 facts via WhatsApp: South Africans can text “hi” to the WhatsApp Support Line: 0600-123456 to activate the conversation



CHILDREN, YOUTH AND MENTAL HEALTH DURING COVID-19

RADIO GUIDE & FORMATS



PREPARING FOR THE SHOW

ETHICS AND CONSENT

The topic of mental health may be a sensitive topic for both you and your listeners, so make sure you inform your audience to respect those who share personal stories in the space. Another way to protect those who wish to share, is to allow them to keep their identity anonymous. If any incorrect information comes up in any of your formats, make sure that you correct it. And respect the confidentiality of all those who agree to participate. People may give you consent to share their stories, then later change their minds, be prepared for this as consent can change.

ANGLE

Different ways to talk about Mental Health

- Tips for coping and reducing stress during COVID-19
- Why we need to maintain good mental health during COVID-19
- Positive stories of COVID-19: Recoveries and new plans and interventions
- What we can learn from survivors of other pandemics and crises
- Hopes for the future: life beyond COVID-19
- Fake news and misinformation can have a negative impact on mental health

CHOOSE AN ANGLE



Tips for coping and reducing stress during COVID-19

Different ways to talk about: **Tips for coping and reducing stress during COVID-19**

- Why your feelings of stress and anxiety are normal during a crisis.
- What day-to-day activities bring you the most calm?
- How do you balance between being informed and taking a break from COVID-19 news?
- Why is it important to choose information from accurate sources and avoid 'fake news'?
- What positive lessons have you learned during the pandemic?
- How have your connections with people improved during school closures?

FORMATS



INTERVIEW



Interview aim

To source information from someone who has expertise or experience of the topic. Remember that there are different ways to gather audio from someone who is not present with you in the room. The easiest way is to send them the questions ahead of time and ask them to send their answers by sending you a WhatsApp voice note or an audio recording from their smartphone. You can also record an interview live by calling the person, putting the loud speaker on and using another smartphone to record them. The quality of the interview might not be as good as a voice note, but it will still work.



Who do you talk to?

A Counselor, Life Orientation Teacher or Social Worker from your community.

- What are some basic things that people can do at home to reduce their stress during the COVID-19 pandemic?
- Is it normal for people to feel stress during this period and why?
- What can you do to cope if you're staying at home with people you don't get along with?
- What is the government doing to make sure that people are also informed about mental health facts during COVID-19?
- Who should people talk to about anxiety or stress if they don't feel comfortable talking to their loved ones?



VOXPOP



Vox pop aim:

To get many different opinions on one topic. When reporting remotely, vox pop questions can be sent to radio show contacts using broadcast lists or candidates found through your social media, as long as members understand that they need to respond by voice note.



Who do you talk to?

Anyone in the community.

Suggested questions for recording vox-pops with people in your community:

- What are you doing to stay calm during COVID-19?
- What are the ways you and your family are coping with the lockdown?
- How do you know whether the information you are receiving on COVID-19 is true or not?
- What are you doing with your time that doesn't involve being on a device?
- What positive things have come out of this experience for you?
- What advice would you give to everyone about how to cope in the time of COVID-19?
- What are you doing to stay connecting with others while social distancing?

Tip: If you interview someone who doesn't know about the COVID-19 outbreak or how to prevent it, use the information in the fact sheet to explain to them the basics about the virus.



AUDIO COMMENTARY



Audio commentary aim:

To get people's opinion about a topic they care deeply about.



Who do you talk to?

Ask a person in the community or someone in your family about the consequences of receiving or spreading 'fake news'.



AUDIO PROFILE



Audio profile aim:

To get a first person account of someone's experience. Audio profiles often aim to inspire.



Who do you talk to?

Talk to a student who has found creative solutions or inspiring ways to cope with daily life during the school closures. A young person who may have found a simple way to stay up to date with their education, or found a new hobby or physical activity that keeps them motivated. They could have also found a way of overcoming their fear of illness or of a loved one being at risk within their household. Another example would be someone who found a new way of communicating positively with their family, or creating a support group with their closest friends where they discuss their fears openly and support each other. Find a young person whose story finds a solution to a challenge or inspires the audience.

Questions to think about before recording the audio profile:

- How have the school closures affected you personally?
- What has been the most challenging thing for you during this period?
- What has inspired you to be positive in this time?
- What are some of the things that you do to feel good while at home?
- How does your behaviour impact your relationship with your family or friends?
- What have you learned about yourself in this time that you want to continue after the school closures?
- What advice would you give to people who might be finding the school closures very challenging?



DID YOU KNOW



'Did you know' aim:

To share exciting, simple and informative facts. These can be shared in the form of statistics, numbers or statements. This is a great format to wrap up the show, emphasise the take-away message of the topic and inform listeners about updated and verified facts relating to the subject being discussed.



Examples of 'Did you knows' for your show:

- Depression affects people of both sexes and all races, cultures and social classes.
- While depression is more common in adults, it occurs in at least 2 in every 100 children.
- One in four people in the world will be affected by mental or neurological disorders at some point in their lives.
- Around 450 million people currently suffer from mental health conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.



QUIZ

NOTE: Adding the quiz format to your radio show is now compulsory



Quiz aim: To test and reward your audience's knowledge on the topic. This format opens up engagement with your listeners, giving them an opportunity to respond to you and the topic. You can pre-record the quiz segment and make it part of your show, asking the audience to respond through your social media, promising to give them the answers in the next show. If your Facilitator will be presenting the show from the station, they could ask the audience to participate in the quiz by calling in or reading their responses via social media during the broadcast. Lastly, the quiz can also be presented through a live broadcast of your pre-recorded show via Facebook Live or Instagram Live.

Things you need for this activity:

- Prepared quiz questions and answers
- Small prizes or rewards

Present some quiz questions and hand out prizes to those who answer correctly. From the fact-sheet, we created the following quizzes for you to use in your shows on Mental Health. Once you have used these examples, feel free to create more of your own questions to put your listeners to the test!



Quiz 1:

Question: Which of these statements is false?

- A. The most common symptoms of COVID-19 are dry cough, tiredness and fever.
- B. Face masks are not a substitute for social distancing.
- C. 5G networks can spread COVID-19

The correct answer is C

Quiz 2:

Question: What does the word misinformation mean?

- A. Misinformation is information that is false, but the person who is disseminating it believes that it is true.
- B. Misinformation is Information that is true and accurate
- C. Misinformation is Information that speaks about the future

The correct answer is A

CHILDREN, YOUTH AND MENTAL HEALTH DURING COVID-19

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HOW TO PRESENT YOUR SHOW



Because you are not on air, the reporters who are recording the formats will need to pre-record their intros and outros of their formats. You also have to decide as a group about who will present the shows that go out on air. Some of you may provide your facilitator with a script that will guide them on how you would like the show presented, or you may choose a youth reporter to do the intro and outro for the whole show. Making a decision about how you want to present your show should happen in your remote pre-production meetings.

Use your produced radio features, your research and the suggested script and questions below to create your own script.



[INTRO:]

Host 1/Facilitator: Hello to all our wonderful listeners out there and welcome to [NAME OF SHOW] on [RADIO STATION]. My name is [NAME.] Most of the world is experiencing the COVID-19 crisis first hand now and it means that we have all had to make some changes in our lives.

Nothing is more important right now than having accurate information about COVID-19 that is relevant for your community and your area. The official sites that have been identified as reliable and accurate information sites are the World Health Organization (WHO) and UNICEF. Otherwise, there is a lot of 'fake news' going around out there that confuses people and makes them feel stressed and fearful.

According to experts, it's completely normal to feel anxious, scared or stressed during a pandemic. Having these feelings is naturally what happens when people are faced with a crisis or a situation where they don't know what will happen next.

There is plenty of information out there now on how to keep up with safety measures like social distancing, washing your hands for 20 seconds and not touching your face. You can access good information on reliable sites, through watching news or even calling your regional hotline. But what about our minds and our feelings, what can we do to make sure that we remain calm and maintain good mental health in this time?

In today's show we want to hear more about what young people are doing during school closures to stay calm and reduce stress, we want to hear how you and your parents and families are coping. We are also excited to share some really cool tips from experts on how we can get through this pandemic, by staying positive and adopting a few good practices to help us maintain good mental health. Let's hear more about how we can take our mental health into our own hands.

[PLAY PRE-RECORDED INTERVIEW WITH AN INTRO THAT TELLS US WHO IS BEING INTERVIEWED]

[PLAY PRE-RECORDED OUTRO:]

[INCLUDE PRE-RECORDED HOST LINKS WHERE NECESSARY BETWEEN FORMATS]

TIP: Having a clear show clock will prepare all the presenters or reporters about what intros, outros and formats they need to record before the broadcast date.

[OUTRO:]

Host 1/Facilitator: Today's show was a good example of the idea that we are not alone. As people we feel in the same way and go through challenges, and through listening to one another and sharing solutions, we can help each other get through tough times. One of the tips that really stood out for me was the importance of sharing positive news. So I'd like to mention that there has been [NUMBER] recoveries from COVID-19 in the world.

Many governments are starting to put their minds together about how we can continue with our education so that we don't fall too far back. There are some data free sites that we can access in some areas, and we can find help and support through Whatsapp helplines in our regions. Today we learned that It's possible to feel connected and happy and calm even though we are facing a crisis!

Thank you to all our guests and to all those who sent voice notes. Let's all continue with the good work of staying informed and maintaining good mental health during this period. Our futures await us, so stay positive. Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!