



## **Marlboro Alliance for the Prevention of Substance Abuse**

We are a community that cares!

We are here to try and help you during this pandemic.

If you need additional information please email the Alliance Office  
[Drugalliance@marlboro-nj.gov](mailto:Drugalliance@marlboro-nj.gov)

### Teens, Social Distancing and Anxiety

It may sound like teens are enjoying being in quarantine. Minimal school work, time to sleep in, Netflix, video chatting and spending time on their phones. However, for many teens this is not the case. They're struggling with being stuck at home and unable to socialize with their friends. Many are missing special milestones such as prom, graduation and college tours. Some miss group sports, extracurricular activities, plays and musical performances. These are events they have been looking forward to, and not having them is affecting many. The COVID-19 pandemic and constant media attention is causing a great deal of anxiety for many teens (and adults, too).

When it comes to social distancing, your teen is probably already adept to using tools that help them feel connected during this time. However, when teens hear about friends and others that are not practicing social distancing, it can be very challenging for you as a parent. Teenagers are impulsive and feel invincible. Regardless of age anyone can get the virus even if they don't experience any symptoms and they could pass it to someone else. Continually remind them that they are not just protecting themselves by staying home but they're protecting their family, their grandparents, and their community at large by helping to stop the spread of the virus.

To help your child deal with this stressful time here are some things you can do:

- First and most important is to keep the lines of communication open. Your teen may act as if they aren't worried, however, they may have questions and concerns. Let them know they can discuss anything with you. Acknowledge that this is a difficult time.
- Vitamin D is good for everyone. Go outdoors for a walk while maintaining social distancing from others. As the weather warms have lunch in the backyard, or take a drive for a change of scenery.
- Limit their exposure to media reports regarding the pandemic.
- Enjoy some family time together. Pull out old baby pictures and tell them stories about their childhood, their first tooth, first time they tried real food and other fun times. Pick a night for family board games or movie night.
- Encourage your teen to keep a daily journal or make a video of this unprecedented time in history. It will be something they will have to share in future years.

Your teens will probably spend more time with you during this pandemic than they ever will again. Enjoy this time of bonding and make the best memories you can during this unusual situation.

Below are some links with additional information that we hope you will find helpful.

<https://www.health.harvard.edu/blog/keeping-teens-home-and-away-from-friends-during-covid-19-2020041419533>

<https://www.childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://www.henryford.com/blog/2020/03/how-social-distancing-can-affect-teenagers>

<https://www.psychologytoday.com/us/blog/love-online/202003/how-talk-teens-young-adults-about-social-distancing>