

FRIENDSHIPS, RELATIONSHIPS, & COVID-19: THINGS TO THINK ABOUT

INFORMATION FOR
ELEMENTARY STUDENTS

FRIENDSHIPS

FRIENDSHIPS ARE AN IMPORTANT PART OF LIFE

COVID-19 guidelines might make it hard to spend time with friends in the same way you would have before COVID-19



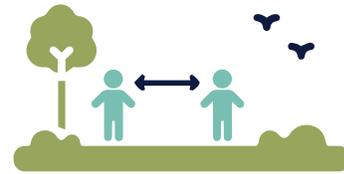
Here are some suggestions for connecting with friends during COVID-19:



Talk on the phone



Video chat or talk online



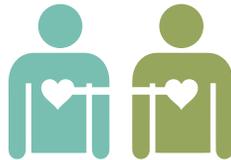
Go for a walk or play outside with masks on - but stay 6 feet apart from each other

Talk to your parent(s)/guardian(s) about your household rules and COVID-19 guidelines

RELATIONSHIPS

It's normal to develop special feelings for someone else (e.g., having a "crush" on someone, "liking" someone). Sometimes that person will like you back and sometimes they won't.

- When someone likes you back, talking with them can be a great way to build a relationship.
- When someone doesn't like you back, it's important to respect their feelings.



If you have a dating partner (e.g., a partner, a boyfriend or girlfriend), let them know what you are doing to avoid COVID-19 (e.g., only spending time with people you live with, only seeing friends outside with masks on)

TALKING TO FRIENDS AND DATING PARTNERS ONLINE

Talking online can be a great way to stay in touch with friends and dating partners, especially during the COVID-19 pandemic

Things to think about when talking online with friends¹:

Sometimes it can be hard to know how someone is feeling when talking to them online.

Be mindful of your own feelings.

Emojis might help show how you are feeling.

If your friend upsets you, share how you are feeling.

If you accidentally say something that upsets your friend, take the time to talk it through.



Remember that everyone's privacy is important and should be respected

If you have questions or concerns about online safety, talk to a trusted adult

¹ Your connected life: A teen's guide to life online. 2018. MediaSmarts.



If you are feeling sick, don't get close to friends or dating partners. Talk to a doctor or nurse to see if you should get a COVID-19 test.

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