



TIPS FOR STUDENTS

“You are braver than you believe, and stronger than you seem, and smarter than you think.”
— Christopher Robin

As you navigate through all the messages about new COVID-19 restrictions and deal with all the changes to your learning in this new reality, you may be concerned about how these events will affect you and your education. This tip sheet was developed to help you in this time of change, uncertainty, and information overload, and to assure you that you will be supported and cared for throughout.

Safety is Your Key Priority

It is very important that you establish and maintain a sense of safety and connectedness with the school community and with all the people in your life, including your family, teachers, and peers. The following are some tips on how to do this:

- 1. Look at your school and school division website** for information about specific topics, issues, and updated news and events.
- 2. Build a positive relationship with your teachers and school team.**
 - Connect with your teachers by following updates on your class online platform and/or through the communication strategy you establish with your teachers. This may be by text, email, notes, agenda books, or phone calls.
 - Advocate for a communication system that works for you. Much of the information will be available online. If you do not have access to the Internet, please state the communication tool that will work best for you.
- 3. Ask for help.**
 - Ask for help with your academics.
 - Ask for help with your worries, anxieties, and/or social/peer concerns.
 - Ask for help as soon as you realize you need it. This is key.

Your teachers, school team, and parents can help.

If you have any questions or concerns, you need to state them clearly to your teachers as soon as they arise so they can help you. Your school team has expertise and resources to support you and your learning.

Together with your parents/guardians and the teaching team, try creating a plan to limit anxieties, reduce stress, and meet your needs.

Your family doctor can help.

If you have questions or concerns, or if you require information about potential mental health and stress-related responses or worries that seem bigger than you can manage, please contact your doctor. Your healthcare provider is the person in the best position to assist you in finding the right resources to meet your needs.

If you don't have a family doctor, there is a Family Doctor Finder program to help you find one: www.gov.mb.ca/health/familydoctorfinder/. Students aged 15 and younger need their parents/guardians to use it, but if you are 16 or older you can access this on your own.

Resources You May Find Helpful

Your school may have resources, supports, and programs to support your well-being and mental health. If you are looking for more information, try using the resources from your school as a first step.

Below is a list of useful resources. Even if your school is not currently using one of these programs, the online resources may be helpful to you.

Kids Help Phone (KHP) 24/7 support

Call a counsellor: 1-800-668-6868
Text CONNECT to 686868
Live chat www.kidshelpphone.ca

Sources of Strength

This site is a mental health promotion and suicide prevention resource.
www.sourcesofstrength.org

Stress Hacks

This website has Manitoba resources for youth, families, and educators, and it provides information on what stress is and how to manage it.
www.stresshacks.ca

Jack.org

This Canadian-based, youth-driven site connected to www.teenmentalhealth.org provides resources that have been specifically designed for youth.
<https://jack.org/>

Project 11

This is a classroom program that teaches skills like focusing the mind, increasing self-awareness of feelings and strengths, and building positive relationships. The Project 11 website has resources to support your well-being and mental health.
www.projecteleven.ca/

Thrival Kits

This Canadian Mental Health Association (CMHA) website has videos to further support skills for well-being and mental health.
<https://mbwpg.cmha.ca/>

Remember to ASK FOR HELP when you need it. Reaching out is a sign of courage and strength. Your parents, teachers, peers, and community have the resources to help you achieve your goals.