

# COVID-19: Integration of Child Protection in Return to School Messages for Children and Adolescents Returning to School

East Asia and Pacific Region

The COVID-19 pandemic has had a major impact on children, adolescents and their families. Sadly, during containment measures children's mental health may have been impacted and they may have been exposed to violence, abuse and exploitation. Further, children in households affected by the financial impact of containment measures may be at risk of exploitation and harmful traditional practices. These impacts of COVID-19 might affect both school attendance and school attainment in the short- and long-term.

As schools reopen, teachers and other school personnel can play a key role in protecting and supporting their students.

Teachers and other trusted school personnel may be the first contact for children outside of their family after months of home confinement, allowing children the opportunity to report concerns related to abuse and violence. This may be the first time that students who are suffering abuse and harm or who are struggling to cope with the impact of COVID-19 and containment can be identified.

Returning to school may also expose children to distress and violence, as a result of stigma and bullying because of associations with COVID-19.

The following messages have been developed to support communication, primarily with children and adolescents, on violence, abuse and student well-being. In particular, they are designed to: raise awareness on types of abuse and violence and the right of children to be protected; raise awareness on well-being; provide them with information on how to report their concerns and access support; and prevent stigma, discrimination and bullying associated with COVID-19. Country Offices are encouraged to contextualise the messages.

These messages can be adapted and used on posters or other types media.

These messages are intended to complement - [COVID-19: Integration of Child Protection in Return to School - Tips for Teachers and School Management](#) – as well as school policies and procedures on child protection and training for teachers and school personnel.

TARGET AUDIENCE	PURPOSE	MESSAGES IN ENGLISH
<p><b>Children and adolescents</b></p> <p>These messages are designed for children aged 7-12 years but they can be adapted to target older adolescents.</p> <p>Although they target children, they may also be useful to help raise awareness amongst school staff.</p>	<p><b>Understanding types of abuse</b></p> <p>Ensure students are aware about violence and abuse. Some children may not realize they are or have been subject to abuse or violence. For example, young children may not realize they have been abused until they reach adolescence. Other children may think the emotional violence perpetrated by their parents is their own fault.</p> <p>These messages aim to ensure children know what violence is and its many manifestations, so as to help them realize when it happens to them or to their peers. The same messages can also be used for violence that occurs in school.</p> <p>NOTE - The message on sexual abuse uses the term 'private parts'. It is encouraged to use actual terminology – genitals/genitalia – when talking to children about sexual abuse. However, it is recognized that terms will need to be selected depending on the cultural context.</p>	<p><b>Physical punishment</b> is when the person who is supposed to take care of you punishes you in a way that hurts your body. For example:</p> <ul style="list-style-type: none"> <li>• hitting, throwing, kicking, choking or shaking you</li> <li>• beating you with a belt, cane, a wooden spoon or any other object</li> <li>• burning you with a match, cigarette, hot water or anything else</li> <li>• locking you in a closet, in a dark room or other places</li> <li>• pulling your hair, pinching your skin</li> </ul> <p>Physically punishing a child is not right. Remember, it is not your fault. No adult and parent or family member should ever cause physical harm to you!</p> <p><b>Emotional abuse</b> is when someone uses words to hurt your feelings. For example:</p> <ul style="list-style-type: none"> <li>• yelling or shouting at you</li> <li>• calling you stupid, ugly or other bad names</li> <li>• saying to you that no one loves you, that they wish you had not been born or other phrases that hurt you</li> <li>• threatening you</li> <li>• blaming you</li> </ul> <p>This can make you feel bad, especially when it is done by someone you love.</p> <p>Emotionally abusing a child is not right. Remember, it is not your fault. No adult and parent or family member should ever do this!</p> <p><b>Sexual abuse</b> is a kind of touch or behavior, that makes you feel uncomfortable and bad. For example, when an adult (or someone older than you):</p> <ul style="list-style-type: none"> <li>• touches your private parts. These are parts of the body we do not normally show to other people.</li> <li>• has sex with you.</li> <li>• makes you show them or makes you touch your private parts or makes you look at or touch their private parts.</li> </ul>

		<ul style="list-style-type: none"> <li>• shows you photos or videos of people without their clothes on or takes photos or videos of you without you clothes on.</li> </ul> <p>Both girls and boys can be sexually abused. Often sexual abuse of girls and boys is done by people children know and trust, including family members.</p> <p>Sexually abusing a child is not right. It is not your fault. No one should ever sexually abuse you!</p> <p><b>Neglect</b> is when parents, family members, and other grown-ups don't show children love and care. For example:</p> <ul style="list-style-type: none"> <li>• Leaving you alone for a long time at home</li> <li>• Not keeping you safe</li> <li>• Not giving you enough food</li> <li>• Ignoring you</li> </ul> <p>Neglecting a child is not right! It is not your fault. No adult and parent or family member should ever neglect you.</p> <p>Source: Adapted from 'Safe you Safe me'. Save the Children, 2006  <a href="https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf">https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf</a></p>
<p><b>Children and adolescents</b></p> <p>These messages are designed for children aged 7-12 years but they can be adapted to target older adolescents.</p>	<p><b>Understanding bullying</b></p> <p>Promote awareness among students about bullying,</p>	<p><b>Bullying</b> is when a child or a group of children threaten, humiliate or harm another child or children. For example by:</p> <ul style="list-style-type: none"> <li>• Making fun of you</li> <li>• Chasing you away from play areas, canteens, seats, etc.</li> <li>• Hitting, kicking, pinching and threatening you</li> </ul> <p>Bullying can happen in school, on the way to school, in the playground, out on the street and other places, including online.</p> <p>Bullying is not right. It is not your fault. No one should ever bully you!</p> <p>Source: Adapted from 'Safe you Safe me'. Save the Children, 2006  <a href="https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf">https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf</a></p>
<p><b>Children victims of violence or abuse</b></p>	<p><b>Supportive messages</b></p>	<ul style="list-style-type: none"> <li>• You have the <b>right to feel safe and to be protected</b> against abuse at school, at home, online and in your communities</li> </ul>

	<p>Support children who have been subject to violence or abuse</p>	<ul style="list-style-type: none"> <li>• <b>Your body belongs to you</b> – no one should touch you in ways or places that make you feel bad. You should also not touch anyone else in ways that will make them feel uncomfortable or bad. Talk to grown-ups you trust if you are not sure about someone else’s touch or behaviour.</li> <li>• <b>Say ‘no’</b>- you have the right to say ‘no’ to anyone, inside and outside your family, who tries to touch you in a way that is painful, or makes you feel uncomfortable or afraid</li> <li>• <b>If an adult hurts you, it is never your fault</b></li> <li>• <b>If another child bullies you, it is not your fault</b></li> <li>• <b>Some secrets should never be kept</b> – often people who do bad things to children tell the child that they must not speak about what happened to them with anybody else. The adult may say that ‘it is our little secret’. They know they have done something wrong and they are afraid of getting punished. Nobody should ask you to keep a secret. If anyone asks you to keep a secret, even if you know that person, tell a grown-up you trust.</li> <li>• <b>You are never wrong to report abuse, neglect or a situation that makes you feel unsafe and uncomfortable</b></li> <li>• <b>If someone you know or a stranger, child or adult, tries to harm you:</b> <ul style="list-style-type: none"> <li>○ <b>Run</b> or get away, if you can - it is ok to get away if someone is trying to hurt you. You should not feel embarrassed.</li> <li>○ <b>Yell</b> – it is alright to yell and shout if someone is trying to hurt you. You should not feel embarrassed to yell and call for help when you are in trouble.</li> <li>○ <b>Report</b> the incident to the school safeguarding team at xxx</li> </ul> </li> <li>• <b>Source:</b> adapted from ‘<i>Safe you Safe me</i>’. Save the Children, 2006  <a href="https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf">https://resourcecentre.savethechildren.net/node/2833/pdf/2833.pdf</a></li> </ul>
<p><b>Children and adolescents</b></p>	<p><b>Reporting mechanisms – general</b></p> <p>Let all children know that they are not alone and that the school cares and protects their safety.</p> <p>Encourage children to break the silence, speak up and report abuses by providing them with updated information on to whom/where to report abuse and how.</p>	<ul style="list-style-type: none"> <li>• This schools says NO to all forms of violence and abuse.</li> <li>• During school closures, over the last few months, you may have experienced or witnessed violence, abuse and neglect.</li> </ul> <p>The School cares about you and can help you.</p> <ul style="list-style-type: none"> <li>• Worried? Or need to talk about something happening to you or that happened while you were out of school? Or concerned about what is happening to someone you know in school, at home or online? We are here to listen - contact xxx or call xxxx</li> </ul>

	<p>The same messages can also be used for violence against children in school.</p>	<ul style="list-style-type: none"> <li>• If you find it difficult to talk about your situation, you might find it easier to write down what’s been happening to you and put it in the box or write to <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> <li>• You can also call get help outside the school – call the free toll number/helpline xxxx</li> <li>• Even if you think you’ve solved the problem on your own, tell us anyway in case it happens again.</li> </ul> <p><b>OTHER OPTIONS</b></p> <ul style="list-style-type: none"> <li>• Report the abuse to X, MR y or MRS w at <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> <li>• If you want to report a case of possible abuse contact the school safeguarding team members to get help: X, MR y or MRS x at <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> </ul>
<p><b>Child victims of violence or abuse</b></p>	<p><b>Reporting mechanisms – victims</b></p> <p>Let children know that they are not alone and that the school cares and protects their safety. Encourage them to break the silence, speak up and report neglect and abuse by providing them with updated information on to whom/where to report and how.</p> <p>The same messages can also be used for violence against children in school.</p>	<ul style="list-style-type: none"> <li>• <b>Tell us</b> – if you are being neglected, being physically, emotionally, or sexually abused, or being bullied, contact X, MR y or MRS w at <a href="mailto:xx@xxx.com">xx@xxx.com</a>. You have the right to be safe and adults can take action to protect you. Remember – it is not your fault and it is never too late to tell someone and ask for help.</li> </ul> <p><b>OTHER OPTIONS</b></p> <ul style="list-style-type: none"> <li>• We are committed to ensuring you are safe. If you feel threatened, unsafe, or afraid, please tell xx immediately</li> <li>• If someone scares you, hurts you, or touches you in a way you don’t like, or if you don’t feel safe, speak to xxxx</li> <li>• You are not alone! If you ever feel unsafe contact xxx</li> <li>• We all have the right to feel safe. If you feel unsafe, tell a trusted adult. Call xx, or contact X Ms X, MR y or MRS w at <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> <li>• If you have been hurt by someone, tell a trusted adult. Call xx, or contact xy at <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> </ul>
<p><b>Witnesses of abuse</b></p> <p>These can also be useful for school staff or students’ family members</p>	<p><b>Reporting mechanisms – witnessing abuse</b></p> <p>Encourage children to report abuses suffered by other students and to speak up if they have a concern</p>	<ul style="list-style-type: none"> <li>• Worried about another friend? Or need to talk about something happening to someone you know at school, in their home or online? We are here to listen - contact xxx or call xxxx</li> <li>• If you see an incident happening, do not keep quiet. Instead, report it to the school safeguarding team – MR y or MRS x, office n.xy, floor x, or write them at <a href="mailto:xx@xxx.com">xx@xxx.com</a> or phone n.xxyxyxyx</li> </ul>

		<ul style="list-style-type: none"> <li>• If you find it difficult to talk about the situation, you might find it easier to write down your concerns and put it in the box or write to <a href="mailto:xx@xxx.com">xx@xxx.com</a></li> <li>• You can also call get help outside the school – call the free toll number/helpline xxxx</li> </ul>
<p><b>Children and adolescents who have witnessed domestic violence in their home</b></p>	<p><b>Reporting mechanisms – witnessing domestic violence – and supportive messages</b></p> <p>Reassure children whose family has dealt with domestic violence and let them know that the violence is not their fault and that there is someone ready to listen and support them</p>	<ul style="list-style-type: none"> <li>• Violence is not OK.</li> <li>• The violence you saw in your home is not your fault. There is nothing you could have done to prevent or change it.</li> <li>• We are here to listen and support you. Report to the school safeguarding team by contacting xxxx</li> <li>• Your school cares about you. We want you to be safe if it happens again.</li> </ul> <p>Source: adapted from <a href="https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/ce/CE476-healing-messages-for-children-who-witness-violence.pdf">https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/ce/CE476-healing-messages-for-children-who-witness-violence.pdf</a></p>
<p><b>Children, adolescents and school staff</b></p>	<p><b>Reporting mechanisms – stigma and discrimination – and supportive messages</b></p> <p>Preventing stigmatization and discrimination linked to COVID-19 and preventing bullying</p>	<ul style="list-style-type: none"> <li>• Speak and act kindly. Solve problems peacefully. Embrace our differences.</li> </ul> <p>Source: Malaysia StandTogetherCampaign <a href="https://cdn.standtogether.my/wp-content/uploads/2020/02/Kindness-Pledge-Editable.pdf">https://cdn.standtogether.my/wp-content/uploads/2020/02/Kindness-Pledge-Editable.pdf</a></p> <ul style="list-style-type: none"> <li>• Do not stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographic boundaries, ethnicities, age, ability or gender</li> </ul> <p>Source: UNICEF, WHO, IFRC. IASC. <i>Interim Guidance for COVID-19 prevention and control in schools</i>. March 2020.</p> <ul style="list-style-type: none"> <li>• Discrimination is not ok!</li> <li>• Nobody has the right to treat you badly or unfairly because of who you are, what you look like, what happened to you or where you come from. If someone is doing this to you this is called discrimination.</li> <li>• This school says NO to discrimination.</li> <li>• You have the right to be protected against all forms of discrimination and the responsibility not to discriminate against others.</li> <li>• If you think you or someone you know is being bullied, stigmatized or discriminated against you should report it to the school safeguarding team:</li> </ul>

		<p>leave a message in the school compliant box situated in xxxx or contact the school safeguarding team at xxxx.</p>
<p><b>Children</b></p> <p>These messages for children.</p> <p>They can be adjusted for different age groups and reshaped to raise awareness about children’s distress and how to recognize signs of children’s distress by school personnel.</p>	<p><b>Reporting mechanisms - mental health – and supportive messages for back to school</b></p> <p>Promote awareness among students on how to recognize unsettling emotions and when such feelings and distress become overwhelming and have an impact on their daily lives.</p> <p>Ensure that children know that they can safely and confidentially report their feelings and distress.</p> <p>These messages can be readapted and used to increase awareness of teachers on identifying and addressing students’ distress.</p> <p>It is important that those listed as providing help have been trained to offer basic MHPSS, lay counselling, emotional support, and/or psychological first aid.</p> <p>It is also important to provide information on who students can seek help from in school and out of school (e.g. by providing information of available helplines for children).</p>	<ul style="list-style-type: none"> <li>• During school closures, over the last few months, you may have been sad, upset and lonely being at home and not being able to see your friends. You may be worried about your future, your family or your friends. You may feel nervous coming back to school.</li> </ul> <p><b>IF YOU FEEL...</b></p> <ul style="list-style-type: none"> <li>• <i>Lonely</i></li> <li>• <i>Sad</i></li> <li>• <i>Worried</i></li> <li>• <i>Angry</i></li> <li>• <i>Agitated</i></li> <li>• <i>Hurt</i></li> <li>• <i>Scared</i></li> <li>• <i>Tired</i></li> <li>• <i>Confused</i></li> </ul> <p><b>AND YOU FIND IT HARD TO...</b></p> <ul style="list-style-type: none"> <li>• <i>Play with the other children</i></li> <li>• <i>Listen in class</i></li> <li>• <i>Follow the rules</i></li> <li>• <i>Do your homework</i></li> <li>• <i>Sleep and eat well</i></li> <li>• <i>Have fun with your favorite hobbies/friends</i></li> </ul> <p>Remember that a down-moment can happen to everybody, especially at difficult times.</p> <p>However, sometimes both adults and children can feel overwhelmed by these feelings. It is okay to ask someone else’s support if you do.</p> <p>The School cares about you and can help you.</p>

		<ul style="list-style-type: none"> <li>• You can speak confidentially to X, MR or MRS at .....</li> <li>• You can write a message to .....</li> <li>• You can call.....</li> </ul> <p>We will listen to you and will help you find possible actions to feel better. Your privacy will be respected. However, if we think you are in danger, we will help you to get support.</p>
<p><b>Adolescents</b></p>	<p><b>Reporting mechanisms - mental health – and supportive messages for back to school</b></p> <p>Promote awareness among students on how to recognize unsettling emotions and when such feelings and distress become overwhelming and have an impact on their daily lives.</p>	<ul style="list-style-type: none"> <li>• During school closures, over the last few months, you may have struggled with your feeling and emotions while being at home and not being able to see your friends. You may be worried about your future, your family or your friends. You may be anxious or feel stressed coming back to school.</li> </ul> <p><b>IF YOU FEEL...</b></p> <ul style="list-style-type: none"> <li>• <i>Tired</i></li> <li>• <i>Bored</i></li> <li>• <i>Frustrated</i></li> <li>• <i>Lonely</i></li> <li>• <i>Sad</i></li> <li>• <i>Scared</i></li> <li>• <i>Nervous</i></li> <li>• <i>Agitated</i></li> <li>• <i>Angry</i></li> <li>• <i>Like crying</i></li> <li>• <i>Body ache</i></li> </ul> <p><b>AND YOU FIND IT HARD...</b></p> <ul style="list-style-type: none"> <li>• <i>Smiling</i></li> <li>• <i>Concentrating and thinking clearly</i></li> <li>• <i>Completing your homework</i></li> <li>• <i>Finding something fun to do</i></li> <li>• <i>Maintaining contact with your friends</i></li> <li>• <i>Finding somebody trusted to talk to</i></li> <li>• <i>Sleeping well</i></li> <li>• <i>Eating regularly</i></li> <li>• <i>Doing regular exercise</i></li> <li>• <i>Keeping yourself clean and healthy</i></li> </ul>

		<p><b>FEEL REASSURED:</b></p> <p>This may be a normal reaction to the situation you find yourself in.</p> <p>Know that while you feel upset and lonely, you are not alone. Talk to your friends and family.</p> <p>However, sometimes we can all feel overwhelmed by these feelings. If you do, don't keep it to yourself. It is okay to ask someone else's support.</p> <p>The School cares about you and can help you.</p> <ul style="list-style-type: none"> <li>• You can speak confidentially to X, MR or MRS at .....</li> <li>• You can write a message to .....</li> <li>• You can call.....</li> </ul> <p>We will listen to you and will help you find possible actions to feel better. Your privacy will be respected. However, if we think you are in danger, we will help you to get support.</p> <p>Source: UNICEF EAPRO, 2019. <i>C4D CP Mental health and psychosocial support messages during the COVID-19 response</i></p>
<p><b>Children</b></p>	<p><b>Reporting mechanisms - mental health – and supportive messages for <u>online schooling</u></b></p> <p>Promote awareness among students, who are still <b>having online schooling</b>, on how to recognize unsettling emotions and when such feelings and distress become overwhelming and have an impact on their daily lives.</p>	<p>If you feel:</p> <ul style="list-style-type: none"> <li>• <i>Lonely</i></li> <li>• <i>Sad</i></li> <li>• <i>Worried</i></li> <li>• <i>Angry</i></li> <li>• <i>Agitated</i></li> <li>• <i>Hurt</i></li> <li>• <i>Scared</i></li> <li>• <i>Tired</i></li> <li>• <i>Confused</i></li> </ul> <p>And find it hard to:</p> <ul style="list-style-type: none"> <li>• <i>Follow your routine like before</i></li> </ul>

- *Play with the other children*
- *Listen in class*
- *Follow the rules*
- *Do your homework*
- *Sleep and eat well*
- *Have fun with your favorite hobbies/friends*

Remember that a down-moment can happen to everybody, especially at difficult times.

Staying at home for such a long time, stopping your normal activities and not seeing your friends, is not fun.

Take good care of yourself to help you manage your emotions.

**HERE ARE SOME TIPS TO HELP YOU TAKE GOOD CARE OF YOURSELF**

- ✓ Do some fun exercise
- ✓ Read something interesting
- ✓ Have a chat with my friends
- ✓ Help my friends who feel lonely too
- ✓ Attend my online classes
- ✓ Complete my homework on time
- ✓ Making sure I don't miss my lunch and dinner!
- ✓ Finding my way to express my thoughts and feeling (writing a diary?)
- ✓ Making some art and creative work
- ✓ Trying relaxation exercise before I go to sleep
- ✓ Go to sleep early

However, sometimes we can all feel overwhelmed by negative feelings. If you do, don't keep it to yourself.

**IF YOU KEEP FEELING BAD and/or CAN'T EAT, SLEEP, CONCERNTRATE...  
KNOW THAT IT IS A GOOD THING TO ASK FOR SUPPORT:**

The School cares about you and can help you.

		<ul style="list-style-type: none"> <li>• You can write a message to .....</li> <li>• You can call.....</li> </ul> <p>We will listen to you and will help you find possible actions to feel better. Your privacy will be respected. However, if we think you are in danger, we will help you to get support.</p> <p>Source: UNICEF EAPRO, 2019. <i>C4D CP Mental health and psychosocial support messages during the COVID-19 response</i></p>
<p><b>Adolescents</b></p>	<p><b>Reporting mechanisms - mental health – and supportive messages for <u>online schooling</u></b></p> <p>Promote awareness among students, who are still <b>having online schooling</b>, on how to recognize unsettling emotions and when such feelings and distress become overwhelming and have an impact on their daily lives.</p>	<p><b>IF YOU FEEL...</b></p> <ul style="list-style-type: none"> <li>• <i>Tired</i></li> <li>• <i>Bored</i></li> <li>• <i>Frustrated</i></li> <li>• <i>Lonely</i></li> <li>• <i>Sad</i></li> <li>• <i>Scared</i></li> <li>• <i>Nervous</i></li> <li>• <i>Agitated</i></li> <li>• <i>Angry</i></li> <li>• <i>Like crying</i></li> <li>• <i>Body ache</i></li> </ul> <p><b>AND YOU FIND IT HARD...</b></p> <ul style="list-style-type: none"> <li>• <i>Smiling</i></li> <li>• <i>Concentrating and thinking clearly</i></li> <li>• <i>Completing your homework</i></li> <li>• <i>Finding something fun to do</i></li> <li>• <i>Maintaining contact with your friends</i></li> <li>• <i>Finding somebody trusted to talk to</i></li> <li>• <i>Sleeping well</i></li> <li>• <i>Eating regularly</i></li> <li>• <i>Doing regular exercise</i></li> <li>• <i>Keeping yourself clean and healthy</i></li> </ul> <p><b>FEEL REASSURED:</b></p> <p>This may be a normal reaction to the situation you find yourself in.</p>

		<p>Know that while you feel upset and lonely, you are not alone.</p> <p>Staying at home for such a long time, stopping your normal activities and not seeing your friends, is not fun!</p> <p>But this is only temporary, and you have the ability to take good care of yourself and overcome this difficult time!</p> <p><b>HERE ARE SOME TIPS TO HELP YOU TAKE GOOD CARE OF YOURSELF</b></p> <ul style="list-style-type: none"><li>✓ Getting up early and having a healthy breakfast</li><li>✓ Doing some fun exercise</li><li>✓ Reading something interesting</li><li>✓ Reaching out to my friends</li><li>✓ Helping my friends who feel lonely too</li><li>✓ Attending my online classes</li><li>✓ Completing my homework on time</li><li>✓ Making sure I don't miss my lunch and dinner!</li><li>✓ Finding my way to express my thoughts and feeling (writing a diary?)</li><li>✓ Making some art and creative work</li><li>✓ Spending quality time offline</li><li>✓ Trying relaxation exercise before I go to sleep</li><li>✓ Going to sleep early (remember to turn off or silence your phone at night)</li></ul> <p>However, sometimes we can all feel overwhelmed by negative feelings. If you do, don't keep it to yourself.</p> <p><b>IF YOU KEEP FEELING BAD and/or CAN'T EAT, SLEEP, CONCERNTRATE... KNOW THAT IT IS A GOOD THING TO ASK FOR SUPPORT:</b></p> <p>The School cares about you and can help you.</p> <ul style="list-style-type: none"><li>• You can write a message to .....</li><li>• You can call.....</li></ul> <p>We will listen to you and will help you find possible actions to feel better. Your privacy will be respected. However, if we think you are in danger, we will help you to get support.</p>
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