Student wellbeing and safety at home

*In these times of uncertainty and isolation, it is very normal to feel worried and anxious. However, being at home, doesn’t have to mean you’re alone. You can always ask for help if you need it.*

### Accessing support from your school

School staff such as your teachers and guidance officer are still available to support you, if you are feeling worried about anything or just want to talk to someone. For instance, you may want to talk to someone at school about your assessments or you might be feeling upset about being away from your friends. It’s ok to talk about any concerns with school staff.

Contact your teacher using arrangements that have been put in place by your school to find out how to make a time to talk with your guidance officer.

### Taking care of yourself

Websites such as [Kids Helpline](https://www.kids helpline.com.au), [Reach Out](https://www.reachout.com.au) and [headspace](https://www.headspace.org.au) have lots of useful tips for staying positive and coping while we’re home preventing the spread of COVID-19. Reach Out and headspace have useful articles and forums, specifically for teenagers.

Useful tips include:

- **Keep a routine, even if it is different from usual.** You could try making yourself a timetable with time for study, exercise, connecting with friends, and relaxation.

- **Limit your intake of news and social media.** You could try setting a time limit for how much you use certain apps or websites, or only check them two times a day.

- **Set some small goals each day to work towards.**

- **Get plenty of sleep, water, exercise and healthy food.**

### Regularly check in with friends and family

One of the best ways of looking after yourself and others is to regularly check in with friends and family using your phone or computer. There are many options to link up through apps or via video chat with your family and friends. Speak with your parents or carers about suitable options.

Or, if you have friendly neighbours, you might be able to talk to them, being mindful of the need to keep social distancing rules.
Establish a network of helpful adults

It’s great to have friends your own age to speak with but it’s also important to have some adults you can talk to, text, video chat or email, if you have any concerns.

It’s good to have a number of adults in your support network; because if one person can’t help with an issue, you can contact someone else.

Trusted adults could be:
- Aunties, uncles, older cousins, grandparents
- Teachers and school guidance officers
- Neighbours
- Trusted adult family friends
- Your family doctor.

Counselling and support services

Feeling unsafe?

Everyone has the right to be safe at home and in all settings. If you feel unsafe, reach out and talk to one of the trusted adults in your network or contact Kids Helpline.

In an emergency — if you or others in your house are at imminent risk of harm:

Call the police on triple zero (000)