

# CHAMPIONSHIP LANGUAGE

## FOR KIDS DURING COVID-19

With the many ups and downs over the past few years, kids may struggle to make sense of the world around them. **Sports** can act as a shared language to empower kids.

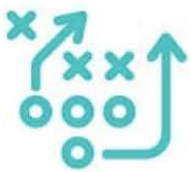
Below are some tips on how to speak to youth about the world while minimizing anxiety.

### LIFE IS A TEAM SPORT



We are in this together. Adults in your life are here to talk about the situation, answer your questions honestly and openly, and discuss any emotions you may be having. Your “team” may include your family, friends, coaches, school, health providers, mentors, and anyone else in your life that supports you.

### TEAMS TALK STRATEGY



In order to be the best we can be on and off the fields and courts, we need to talk with one another. Coach K., Duke University’s Basketball Coach, famously said, “Effective teamwork begins and ends with communication,” which means we have the potential to be great if we can all communicate. Teams check in on one another, support each other, are open about their highs and lows, and what they need from others to thrive.

### CHAMPION YOUR LIFE



Commit to yourself and be the best you can be during good times and bad. On the courts and fields this may mean practicing that move that has escaped you all season, off the court right now it means washing your hands and making your health your priority.

### BE A DIFFERENCE MAKER



In difficult times, whether it be a game against a challenging opponent or when times are tough in life, you have a chance to make life better for others (to be a good friend, a neighbor, brother/sister, etc.)

The tips and pointers above have been provided courtesy of Doc Wayne Youth Services, an award winning non-profit headquartered in Boston that seeks to reimagine mental health through the lens of sport.

For more support, training, or information contact: Rebekah Roulier, LMHC at [support@docwayne.org](mailto:support@docwayne.org).

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### CALLING TIMEOUTS IS AN ART



The best coaches in the game use their timeouts to put their individual players in positions to succeed and prepare their teams for success. You may be experiencing pauses or timeouts in the action for school, sporting events, or social gatherings, but know that the experts and those in charge of keeping people safe are doing this with the larger team and longer term game in mind.

### LOOK FOR THE "WINS" AND THE "GAME CHANGERS"



In sports, you win some and you lose some. But champions know how to bounce back from a loss or a difficult time, reset mentally, and focus on the good. There are incredible game changers out in the world. Look for them and be one of them.

Learning to persevere is what will help us all move forward in the face of adversity, whether it's a tough game, hard conversation, or overcoming COVID-19 and the anxiety that surrounds it.

As a coach or youth development professional, you are essential to providing key support to youth and families during challenging times. However, you cannot do it alone. Below is a list of resources to utilize and share with youth and families. When in doubt, **safety** is the utmost priority.



- Dial 911
- Child's pediatrician, clinician, psychologist, teacher/school, or other member of their medical, clinical, or educational team
- National Suicide Prevention Hotline: Dial 800.273.825 or Text 273TALK to 839863
- Spanish Speaking Suicide Hotline: Dial 800.784.2432
- Crisis Textline: Text "START" to 741-741 from anywhere in the United States
- National Parent Helpline: Dial 1.855.4APARENT (855.427.2736)
- Love is Respect National Dating Abuse Helpline: Dial 866.331.9474
- U.S. National Domestic Violence Hotline: Dial 800.799.7233 or Text TELLNOW to 85944
- LGBTQ+ Hotlines for 13-24 year olds - The Trevor Project: Dial 866.488.7386 OR Trans Lifeline: Dial 877.565.8860
- Runaway Hotline: Dial 888.580.4357
- The National Runaway Safeline: Dial 800.786.2929
- National Center for Missing & Exploited Children (NCMEC): Dial 800.843.5678
- National Eating Disorders Association & Helpline: Dial 800.931.2237
- National Child Abuse Hotline: Dial 800.422.4453 or Text CHILDHHELP to 847411
- Military Helpline: Dial 888.457.4838 or Text MIL1 to 839863
- Doc Wayne Youth Services: Dial 617.504.1284 or Email [support@docwayne.org](mailto:support@docwayne.org)

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