

## PARENT TIP SHEET

### RECOMMENDATIONS FOR TEEN BEHAVIOR THIS SUMMER

With Massachusetts slowly relaxing pandemic restrictions, parents are questioning what the social norms might be going forward. Kids are desperate to get out and resume some sort of social life. So how can we best set reasonable limits to keep our adolescents safe as the state prepares to give us all more freedom? (Check Massachusetts' "Phase 1 – Public Health Advisory" for specifics - <https://www.mass.gov/news/safer-at-home-advisory>)

While some expectations for behavior will differ according to grade level and maturity, Dr. Nahid Bhadelia (Infectious Disease Physician and Boston University Associate Professor) offers four basic guidelines for safe, responsible best practices for all of us. (Your family can watch her recent TV interview here -- <https://www.msnbc.com/morning-joe/watch/infectious-diseases-doctor-offers-tips-on-best-practices-83591237955>)

- **Proper and frequent hand washing** continues to be key, especially after using public spaces (transportation, bathrooms, etc.) Use soap and hot water, for at least 20 seconds.
- **Avoid close contact** with others – airborne transmission is the primary way particles are spread
  - Maintain 6 feet of distance – people create droplets even when speaking
  - Reduce the number of people that hang out together at one time
  - Avoid closed spaces – ventilation is important
  - Plan ahead and beware of pinch points for crowding
  - Don't share food/drink – bring your own refreshments, utensils, etc.
- **Continue to use face coverings** when there's any chance of coming within 6 feet of someone else – remember, non-symptomatic carriers can unwittingly affect others
- **Frequently decontaminate surfaces**, including cell phones (even though surface transmission is now considered less problematic)

If your adolescent is planning to be around others at someone's home, even outdoors and even family, don't be afraid to ask if they've been following safe practices and what guidelines they will abide by going forward re: masks, distancing, etc. Keep in mind -- even though your adolescent's movements outside the house might be limited, they are still hardwired to take risks. Make sure you've had **conversations about values and important topics**, from respectful relationships to family expectations/consequences regarding drug/alcohol experimentation. (Note -- **vaping is especially dangerous** during the pandemic. At least one Brookline youth has already gone to the hospital with severely compromised lungs.)

**And even though school is closed, Brookline's Prevention/Intervention Team of social workers is available over the summer – please don't hesitate to reach out to:**

[Mary\\_minott@psbma.org](mailto:Mary_minott@psbma.org) or [Gabrielle\\_Dean@psbma.org](mailto:Gabrielle_Dean@psbma.org)

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