**COVID 19 Communications - Information for children and young people**

Here are some links for key sites which have information aimed directly at children and young people in relation to COVID – 19.

**Please also note that Childline have reduced their hours of operation to 9am – midnight from tonight**. [https://www.childline.org.uk/](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZlZGI4MDM3ZTYzMjNkYjgxMD01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJmUyYzExZDVjODgzM2ZkZD0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkZ3d3clMkVjaGlsZGxpbmUlMkVvcmclMkV1ayUyRg==)

1 **Young Scot** has a dedicated campaign site

‘Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community’

[https://young.scot/campaigns/national/coronavirus](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZlZmY4MDczODc5MmNkMDk5ND01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJjgyMTE1OTZkNzkwMzE5ND0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkZ5b3VuZyUyRXNjb3QlMkZjYW1wYWlnbnMlMkZuYXRpb25hbCUyRmNvcm9uYXZpcnVz)

2 The **Children and Young People’s Commissioner for Scotland** site has some information about children’s rights in a time of crisis and a number of helpful links to resources

[https://www.cypcs.org.uk/news/in-the-news/getting-human-rights-advice-in-scary-times-the-coronavirus](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZlZGI4MDM2ZjdhMmNjY2MzMD01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJjgzMDEzZDVkMjlhNzc5ZD0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkZ3d3clMkVjeXBjcyUyRW9yZyUyRXVrJTJGbmV3cyUyRmluLXRoZS1uZXdzJTJGZ2V0dGluZy1odW1hbi1yaWdodHMtYWR2aWNlLWluLXNjYXJ5LXRpbWVzLXRoZS1jb3JvbmF2aXJ1cw==)

3 In particular CYPCS recommend the #**Covibook** for children under 7 which can be downloaded here

[https://www.mindheart.co/descargables](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZlZGI4MGQ3ZjY0MmJkNzg4MD01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJjYzMDAwZDVjNDllNzc5Nz0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkZ3d3clMkVtaW5kaGVhcnQlMkVjbyUyRmRlc2NhcmdhYmxlcw==) /

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\_319c5acf38d34604b537ac9fae37fc80.pdf](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZhYWFmNTEyZjZlN2M5MjhmNT01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJmY3NzE2ZDY5M2MyM2JjMD0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkY2NjA5MTlkMy1iODViLTQzYzMtYTNhZC0zZGU2YTlkMzcwOTklMkVmaWxlc3VzciUyRWNvbSUyRnVnZCUyRjY0YzY4NSU1RjMxOWM1YWNmMzhkMzQ2MDRiNTM3YWM5ZmFlMzdmYzgwJTJFcGRm)

4 **Childline** have a dedicated Cornoavirus page which covers what coronavirus is, what to do if you are worried and how to cope if you are staying at home

[https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/](http://enigma.east-ayrshire.gov.uk:32224/?dmVyPTEuMDAxJiZlZGI4MDM3ZTYzMjNkYjgxMD01RTk1NTgwOV81Nzc1MV8zNzcwXzEmJmUyYzExZDVjODgzM2ZkZD0xMjIyJiZ1cmw9aHR0cHMlM0ElMkYlMkZ3d3clMkVjaGlsZGxpbmUlMkVvcmclMkV1ayUyRmluZm8tYWR2aWNlJTJGeW91ci1mZWVsaW5ncyUyRmFueGlldHktc3RyZXNzLXBhbmljJTJGd29ycmllcy1hYm91dC10aGUtd29ybGQlMkZjb3JvbmF2aXJ1cyUyRg==)

NB as above Childline are having to reduce their hours of operation. As of tonight the phone line / online chat will only be available from 9am til midnight