

## COVID-19 Player Guidance

The current situation due to COVID-19 is a big surprise for everyone around the world and you are probably in a very different, unusual situation at home or in your community, just like many children and young people all over the world. It is likely that you are unable to go to school, visit your friends or participate in ChildFund Pass It Back activities, so now have to stay at home and maybe that means you are spending more time online than usual.

The internet and social media can be great tools because you can keep in touch with friends, access entertainment and even news. However, sometimes it can be negative. We want to make sure you stay physically and emotionally safe during this new situation, free from bullying, harassment or other negative impacts, so here are some top tips for you to keep in mind!

### Practice your Rugby Skills!

Don't spend all your time online, playing computer games or browsing through social media. Be creative with how you can practice your running and fitness skills in your home or garden!

If you are lucky to have a rugby ball, maybe you can practice your passing skills at home! If you don't have a ball, you can also try to exercise each day to make sure you stay healthy and happy. Your Coaches might have some ideas for exercises you can do or where to find trustworthy and free exercise resources to help you stay healthy and strong.

### Stay Positive and Be Kind

If you spend a lot of time online or on social media, sometimes you will find lots of negativity about the situation or from friends or people you know. Try to manage your time on social media in a positive way and be creative to find ways to access the things that keep you happy in life.

Don't engage with negative people online who make you feel bad. Make sure you stay positive and report anyone who makes you feel uncomfortable. Also, be kind to others online!

### Share your Emotions

It's normal to experience different, sometimes negative emotions in your life, and right now it's quite likely you will experience some negative emotions because of changes to school schedules and especially if you can't meet up with your friends face to face!

Share your feelings with someone you trust. When you share your problems, often you will feel a little better and you can help each other through difficult times.

### Tell Someone if you feel Concerned or Worried

Remember if you have a concern and feel you need support or if you just want to share, you can always contact your ChildFund Pass It Back Coach who will do their best to support you, even though we don't have regular training sessions during this time.

Your Coach has probably shared a 'Community Social Services' handout with you and your teammates that provides some contact numbers for services in your community that can help young people who are experiencing or at risk of experiencing any harm. Young people can contact these helplines and other resources directly or can contact a Coach to get help if you or someone you know is experiencing or at risk of experiencing violence. You don't have to face a problem alone. Getting help can make the situation better and help you to feel better, too!