



**NANAIMO LADYSMITH  
PUBLIC SCHOOLS**

## COVID-19 does not recognize race, nationality, or ethnicity.



Fear of COVID-19 may cause people to incorrectly place blame on those they perceive to be associated with the sickness. It is important that parents and caregivers help children identify harmful language and behaviour to encourage them to stop.

### Tools for Parents and Caregivers:



**1**

#### Share accurate information.

Being of Asian descent does not increase the chance of getting or spreading [COVID-19](#).

**2**

#### Speak up against stereotyping, bullying and harassment every time it happens.

Encourage students to talk about bullying or harassment.

- [Stop Bullying! A Parental Guide to Help Children](#)
- [Steps for how to talk to kids about bias](#)



Report bullying to your child's principal or report [here](#)

**3**

#### Model compassion and acceptance of others.

Children look to the adults in their life for guidance on how to treat others. Kids listen to your actions, not your words!



**4**

#### Respond to inappropriate comments and behaviour with:

"What made you say that?"



"Saying that is hurtful and untrue. COVID-19 affects all people. We need to be kind to one another."

Helpful tools can be found [here](#).

**5**

#### Discuss children's fears.

Your child may be confused or anxious about what is happening. Ask them what they know, what their worries are, and what questions they may have.



Tools for speaking to kids about their COVID-19 fears:

- [Anxiety Canada](#)
- [Kids Health](#)
- [Mayo Clinic](#)

**6**

#### Acknowledge diverse "heroes".

Identify the diversity that exists in our community and that we are all in this together.



Acknowledge the neighbours, friends, school personnel, healthcare professionals, police officers, fire fighters, etc. that have stepped up to help in our time of need.

**7**

#### Read together.

There are many great books that address diversity and prejudice. Some great children's books on these topics can be found [here](#).



Ask the Teacher Librarian at your child's school for additional recommendations

*Inconsistent responses send the message that coronavirus stigma and racism are acceptable in some circumstances.*