



What does coronavirus mean for you?

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Hello

My name is Deidre, and my job is to make sure that all the people around you are taking good care of you.

We all want you to be safe, well and happy, especially now as we learn how to deal with the coronavirus.

We've all had to make changes with how we go about our lives each day. I know some of these changes have been hard for you, like not being able to meet with your friends, not being able to go to school or TAFE, or maybe being stood down from your job because your workplace has been closed for the time being.

I'm sure you probably have a lot of questions about the coronavirus and what might happen if you, or someone you care about, gets sick? It's okay if you're feeling worried or confused.

It helps to talk about how you're feeling. There are lots of people around you who care, that you can talk to. This could be your carers, your parents or other people in your family, your child safety officer or your friends.

It also helps to know how to find accurate information so you can understand the coronavirus and how to stay safe. You can search for these websites — 'Queensland Health' or 'Australian Government'. Check out the CREATE Foundation website, which has some great videos for young people.

I know that having contact with your family and friends is important to you.

If it's safe, you can still have visits with your parents and other relatives. But to stop people getting sick with coronavirus, you might need to stay in touch through phone calls, Zoom or Skype instead for a while. We know it's not the same as being together in the same room, but we hope this is only for a short while.

There have also been some big changes with school this term. Some young people are staying at home to do their schoolwork, while others may be going to school. It will be like this for a while.

Staying connected online has never been more important, now that many of us need to stay home. Even though there are new apps to help connect with friends, there's also some risks. You can learn about the latest games and social media apps, including how to protect your information, on the eSafety Commissioner's website — just search 'eSafety guide'.

Always remember, if you want to talk to your child safety officer, you can call them or connect with them through your kicbox app.

Take care

Deidre