

SAFETY CAPTAIN RESOURCE GUIDE



The Safety Captain Initiative is an afterschool job for teens that uses project based learning to answer questions like: what makes a youth friendly neighborhood and what makes a neighborhood safe? Amid the Coronavirus outbreak, the Safety Captains have transitioned from working in the office to working from home. Their first working-from-home project was to put together a teen-friendly resource guide for members of the community to stay informed and connected during this difficult time. Included in the guide you will also find the Safety Captains written review of the resources they found. Please check-out their work and resources by clicking on the links in the guide!

Resources for mental health:

[How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)

- Found by Dayshanel Hines

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

- Found by Dayshanel Hines

Resources for parenting, kids, and teens:

[Talking to Children about the New Coronavirus Disease \(COVID-19\)](#)

The resource that I found is from Children's Hospital of Philadelphia. The resource talks to children about the new coronavirus outbreak. It also helps your child understand why some people are wearing masks. The information you can find while reading this resource is how to inform your child about the pandemic. It can give your child a sense of control by helping your child understand why they should wash their hands after coughing, sneezing, blowing their nose or coming back inside from being out. This source is urging parents to have their children take part in social distancing. The source is useful because it gives awareness about COVID-19. Also, it helps teens to know the necessary steps to stay safe. Additionally, it helps your child understand why they should wear a face mask when they go outside. - Jasmine Atwell

[Managing work and kids during the coronavirus](#)

The Philadelphia Inquirer is about what's going on in the Philadelphia metropolitan area of the United States. On this website you can find what you need to know about COVID-19 worldwide. These are quick facts on COVID-19 but you can find how many cases there have been, where it is in the U.S, and how to protect yourself. You can also find the places that have been hit hardest so that you can avoid them. There is also information on resources for parents during this outbreak. This is a helpful resource

because it keeps kids and adults informed in Philadelphia specifically. It is also a helpful resource because it has links to other papers they have written on important topics such as Philly schools shutting down. - Makenzie Mitchell

COVID-19 health facts:

Cases

I found this resource on my Google top trending page. It informs you of the deaths, hospitalized, who has it, age organized cases, etc. This resource has provided me with very good information that I need to know about this newest pandemic. It keeps you updated daily so you will never be misled if there's a new update. If you read the resource correctly you'd see there's contact information in case you need more information and/or health assistance. I feel like this resource is very helpful because like I said before, it keeps you updated on the latest news. - Zah'irah Harvey

Trump Signs \$2 Trillion Bill as U.S. Virus Cases Pass 100,000

I've found this source in a search engine (google) and this resource is basically about the coronavirus. This resource also provides information about how to stay safe and covid-19 free. After reading this resource you will have learned that trump signed a 2 trillion dollar bill to help the covid-19 positive patients. You'll know that they provide lots of other resources to better inform you. Also, there is a lot of Americans going unemployed. This link is not as helpful as the others but it's good. - Zah'irah Harvey

Coronavirus Updates | Children's Hospital of Philadelphia

This source is from the Children's Hospital of Philadelphia. It is targeted towards teens and children in Philly. This site is very simple and the basics can be found on COVID-19. On here you can find testing, appointments, and health information. You can also find inpatient hospital admissions, and the answers to the frequently asked questions on this pandemic. This site is important because it is most useful for young teens and kids. It is like the source from the DOH but for a younger audience. It provides information but keeps things simple to not overcomplicate the matter. Most importantly this site is youth friendly and keeps the youth in Philadelphia updated on COVID-19. - Makenzie Mitchell

Coronavirus in Pennsylvania

The resource that I found is from the Commonwealth of Philadelphia. This source is about how many people have been infected with COVID-19 and how the government is trying to help them. The information that can be found in this source is how many cases there are. It also includes updates on how to stay safe during this pandemic, and the website to answer any questions you have. The article also talks about the number of reported deaths in Philadelphia. This article is helpful because it provides resources to help Philadelphians understand the COVID-19 better and the impact it is having on the community. It also encourages people to practice social distancing to help prevent the spread of the virus, and keep themselves and others safe and healthy. - Jasmine Atwell

Coronavirus disease 2019

Now I found this source on google search engine. This is all about safety measures and proper information about the cases. I think the information they have provided us is pretty straight forward. You will have learned answers to YOUR frequently asked questions. You'll understand the fact that we are using an excessive amount of face masks. This pandemic is very scary but it's very easy to avoid. I feel like this link is very helpful because it provides you with real time information and has plenty accurate links to help you learn anything that this research couldn't. - Zah'irah Harvey

CDC to recommend face masks in public as coronavirus spreads; Pa. faces huge shortfall of N95 masks, gloves, and surgical gowns

The resource that I found is from the Philadelphia Inquirer. This resource provides daily updates on the pandemic going around in Philadelphia. Philadelphia is starting to see an increased number of hospitalized coronavirus patients. The updates that can be found while reading this article include: the CDC recommending that people wear masks outside and being fined \$100 if they do not, to Donald Trump mentioning that local prisons would be releasing prisoners to reduce coronavirus risk. This source is helpful because it makes people aware of how dangerous the virus really is. It is also keeping us updated on the latest changes in Philadelphia. - Jasmine Atwell

Managing work and kids during the coronavirus

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Coronavirus (COVID-19) (for Parents) - Nemours

- Found by Dayshanel Hines

Fun Activities While Quarantined:

ORIGINAL Renegade Dance Tutorial

5-Minute Meditation You Can Do Anywhere

Mind and body Meditation

For COVID updates from Philadelphia:

Text *COVIDPHL* to 888-777 to receive text updates. If you are in need of help, call the Greater Philadelphia Coronavirus Helpline at 1 (800) 722-7112.