

## [‘I need people to make sure I’m OK’: How teenagers are coping with lockdown](#)

From The Spinoff

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Louisa Woods is a **high school teacher** and counsellor, she has surveyed teenagers to find out how the level four restrictions are affecting them and how best we can support them.

Click on the above link to read the article.

In summary –

*When asked how parents and caregivers can support them, it will come as no surprise to parents of teens that those surveyed said they need more food. Surprisingly, though, many teens said they wanted their parents to talk to them more.*

- *More talking with each other. Because sometimes it can be a bit silent compared to school.*
- *I need space. I still need love, and help, but I also need my own space that I can go to and chill.*
- *Understand when I get sad.*
- *I need people to make sure I’m OK.*
- *Play board games with me without fighting.*
- *Hugs and reassurance.*
- *Include me in conversations.*
- *I think it would be nice if my family just spent a little more time with each of us. Don’t get me wrong, I really appreciate everything my parents do for us, I really do.*
- *Inform me of the facts.*
- *Ask me if I’m OK.*

She concludes that Gen Z are a *generation of hope* – we must make sure we can see their hope and not let them down.

Further support: **1737** - free text or call for confidential counselling.

If you have immediate concern for your daughter’s safety call the Emergency Mental Health number – **0800 112 334** to talk to a mental health clinician.

Please also contact our school Guidance counselling if you have any concerns:

Rob Silver [rsilver@nbhs.school.nz](mailto:rsilver@nbhs.school.nz)