



VIOLENCE FREE
MINNESOTA
THE COALITION TO END RELATIONSHIP ABUSE

Violence Free Minnesota is the statewide coalition of programs working to end relationship abuse. Our members provide critical public safety services in all 87 counties. The following resources are for youth and their guardians to address two urgent public health epidemics: COVID-19 and intimate partner violence.

Talking About COVID-19 with Children

- Check out these [age-appropriate factsheets](#) from SAMHSA on how to talk to your children about infectious disease outbreaks.
- Share [Resources for Supporting Children's Emotional Well-Being During the COVID-19 Pandemic](#) from Child Trends with your children.
- [COVIBook is an illustrated, printable short book](#) for children ages 7 and under that explains the virus to them in simple language and offers parents ways to soothe children's anxiety and answer their questions about the crisis. Available in many languages, including Spanish and Italian, from Mindheart.
- [BrainPOP offers a short animated film](#) on coronavirus with a quiz, discussion worksheet, mapping activity, and vocabulary list to work on afterwards.
- A group of librarians from Brooklyn Public Library in New York put together [a reading list](#) that includes age-appropriate books for kids on viruses, bacteria, and microbes.
- [Share this NPR "comic"](#) with your children that illustrates important talking points on COVID-19.
- Play one of [Tumblehome's learning games](#) that teaches children about how to practice basic hygiene measures in response to public health crises.

Books, Videos, and Other Media Resources on Healthy Relationships for Youth

With so much downtime at home, now is a good time for parents to talk with their children and adolescents about consent and healthy relationships, and for youth to start exploring these topics themselves.

- [Lessons from Literature](#) is a project from Futures Without Violence that focuses on linking themes of healthy relationships and relationship abuse to literature.



VIOLENCE FREE MINNESOTA

THE COALITION TO END RELATIONSHIP ABUSE

- [The Lessons from Literature resource library](#) offers a selection of books, movies, songs, poems, and plays that cover healthy relationships, power and control, and themes of relationship abuse.
- Break the Cycle, a national youth relationship abuse platform, used to offer a weekly Snapchat show, [Taco Bout It Tuesday](#), where their members answered youth questions about relationships while eating tacos and having fun. All episodes are recorded and kept on the [Break the Cycle YouTube channel](#).
- Test your knowledge of healthy relationships, consent, and respect with [Love Is Respect's quizzes](#).
- This ["Bip and Bop" activity from two Central Michigan University students](#) illustrates the spectrum of relationships (from healthy to unhealthy to abusive) and the impacts of abuse using simple household items - tupperware, napkins, rubber bands, rocks, water, and a pencil.
- Check out [Psych2Go's series](#) of YouTube videos about healthy relationships, friendships, mental health, parenting, dating, and more.
- Find fun and informative online games and videos about cyber safety and digital relationship abuse on the [That's Not Cool media channel](#).
- For parents, check out [Break the Cycle's quick and easy parent's guide](#) with conversation starters and tips for how to talk to your child about youth relationship abuse.
- Put together the [Ending Rape Culture Activity Zine](#) from the Virginia Sexual and Domestic Violence Action Alliance.
- Learn about a 2010 design contest from Jennifer Ann's group in which youth designed and submitted their own [Flash games](#) on teen dating abuse.
- Check out One Love Foundation's ["Behind the Post" short film](#) that examines the 10 warning signs of an unhealthy relationship and how social media posts may not always tell the true story. Afterwards, work on the discussion guide with a friend over video chat.