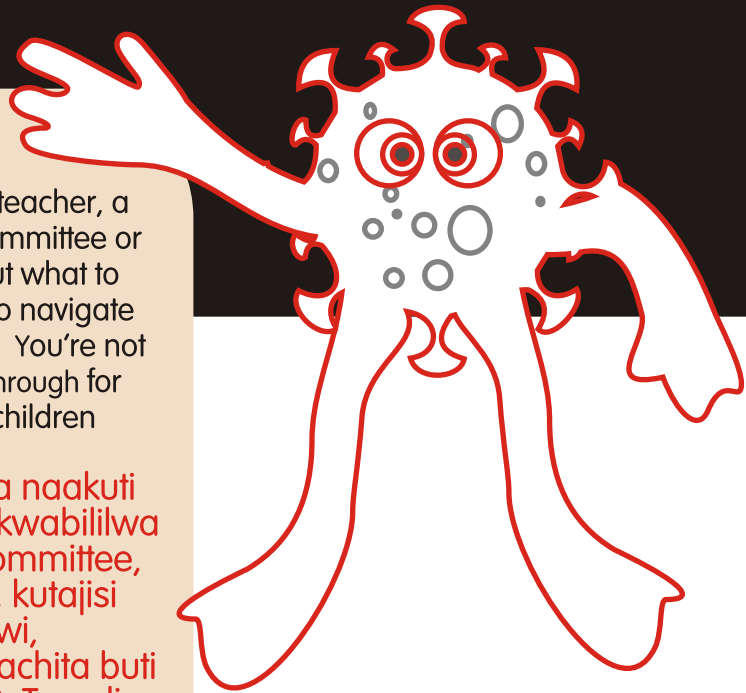


Talking to Children about Coronavirus

Kwaambuula abana aatala akazunda kaKkolona

If you are a parent, a caregiver or a teacher, a member from the Child Protection Committee or part of the community, unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain. You're not alone. We have some tips to get you through for talking about COVID-19 with your children

Kuti kuli muzyali, muleli wabana naakuti muyiisi, muntu wakabunga kakukwabililwa kwabana ka-Child Protection Committee, naakuti mukali wamuluundu, kutajisi luzibo lwakwaabila bamwi, azyakwaamba, akutaziba kuti ulachita buti aatala abulwazi bwaCOVID-19. Tawuli awulikke pe. Tulijisi mizeezo yakuti ukonzye kwaambuula aatala abulwazi bwaCOVID-19 kubana bako.



1

Explain to the children that there have been a lot of changes because of COVID-19. Use child-friendly language such as: "COVID-19 is a disease. It is caused by a virus that is very tiny and when it gets inside a body, it can make the body sick. Most children don't get sick but grown-ups may get ill. This is why we ask you to be patient with your parents, caregivers and teachers".

Pandanwida bana kuti kwakaba masandu manji akaambo kabulwazi bwaCOVID-19. Belesya mulaka umvwisisigwa aabana uulimbuli kuti: "COVID-19 musyobo wakazunda. Nkazunda kaniini loko nkabela kuti kanjila mumubili, kalachita kuti mubili uchiswe. Bana banji tabakonzyi kuchiswa pe kukazunda aaka, pesi bapati balakonzya kuchiswa. Nkikaako, nchitulo kukumbila kuti ube aamoyo mulamfu kubazyali bako, baleli babana abayiisi."

Make children feel safe.
Chita kuti bana balimvwe kuti babambikene kabotu.



Give children facts
and let them lead the discussions

Ambila bana masimpe mpawo ubalekele kuti bazulwide njoomo.

2

Use child-friendly language such as: "The germs get in your body through your nose, mouth or eyes. When someone coughs and touches a pen and then you touch the pen, those germs might get into your body. It's helpful to wash our hands a lot and try to stay away from big crowds".

Belesya mulaka uumwisisigwa aabana uulimbuli kuti:
"Tuzunda tunjila mumubili wako katwiinda mumpemo,
mulomo naakuti mumeso. Kuti umwi wakola mpawo
wazoojata chilembyo, nkabela wazoochijata ayebo
chilembyo eecho, tuzunda tulakonzya kunjila mumubili
wako. Chilagwasizya kapati kusamba maboko aako
akutaswaanana abantu banji"

1. Give children power and responsibility

Abila bana nguzu amibeleko

Children do better when they have power, support their emotional needs, and this is the time to give it to them. Use child-friendly language such as: "Think about how you feel now and how you felt before COVID-19. Is it the same or is it different? I imagine that you are worried that you might get sick or your family or friends may get sick. Don't worry, this time will not last forever and you will be able to be with your friends again when we are safe".

Bana bachita zikondelezya loko kuti kabapedwe nguzu, bagwasizye kuziyandisyo zyabo zyamumiyeeyo, nkabela eechi nchicho chiindi chakubapa. Belesya mulaka uumwisisigwa aabana uulimbuli kuti: "Yeeya mbulookumwa lino ambwaakali kumwa kakutanaba bulwazi bwakazunda kaKkolona. Kulakozyania na naakuti kwaba musiyano? Lino ndokuyeeya kuti ulookukataazika mumiyeeyo kuti amwi ulabona wachiswa naakuti umwi wamumpuli yako naa mweenzinyokwe. Utalikataazyi, chiindi eechi chaKkolona tachikookkala pe kwalyoonse, nkabela uzookonzya kuswaanana abeenzinyokwe lubo nikwazooba kabotu".

3



4

Give guidance and support

Zulwida akugwasizya

Children look to parents, teachers and their community for guidance and support, especially in trying times. Use child-friendly language such as: "To be outside is good for you, but there are also risks. Don't talk to anyone who makes you feel uncomfortable. Don't be alone with someone you don't trust inside a house and if someone says something that makes you feel upset or scared, tell an adult you trust".

Bana balangilila kuzulwidwa akugwasigwa kubazyali, bayiisi abaluundu lwabo, kambatila muzyiindi ziyumu ziliboobu. Belesya mulaka uumwisisigwa aabana uulimbuli kuti: Kuba aanze aang'anda nkubotu, pesi kuli ntenda zijanika. Utanoowambuuli aamuntu uutakupe kumwwa kutasangaalikilwi pe. Utabi aamuntu ngutasyomi pe mung'anda nkabela kuti umwi muntu wakwaambila zintu zikuyoosya naakuti kukunyemya, ambila muntu mupati ngusyoma."



1. Protecting children from child rights violations in the time of COVID-19

Kukwabilila bana kuzwa kumpyopyongano muchiiindi chaKkolona.

As daily lives and communities are affected by COVID-19 lockdown, concern is mounting that violence against children may increase. During COVID-19 our prevention and control measure that were put in place in our district may have been disrupted during lockdown, leaving many children vulnerable. We, therefore, we call upon you teachers, parents, caregivers, child protection committee members and village health care workers to continue with your response services to assess risks to children and to call to attention to address measures that need to be put in place to ensure the safety and well-being of children.

Mbukunga buumi bwesu aluundu loonse lwanyonganisigwa aakukkala mumaandda akaambo kakazunda kaKkolona, kulookuyoowelwa kuti kusonsekwaga kwabana kulakonzya kuvula. Muchiiindi chaCOVID-19, inzila zyakutabilila akukwabilila zyakabambidwe muBbooma zilakonzya kuti zyakanyongana muchiiindi chakukkala mumaanda, akusiya bana banji aantanganana kuti basonsegwe. Nkikaako, tulookumukumbila nubayiisi, bazyali, baleli babana, bantu batubunga tukwabilila bana abatabilizi bamumyuunzi kuti mwiinkilile kunembo alugwasyo lwanu lwakulangisizya intenda ziswaanana aabana akutobelezya inzila zyeedelede kubambwa kuchitila kukwabililwa akubambwa kwabana.

