The COVID-19 pandemic is an opportunity to learn as societies, and change attitudes and behaviors that contribute to an equal-opportunity democratic coexistence for men and women. Teenagers and youths can make a difference. These are 9 Tips against COVID-19, put them into practice and share them with your friends.

**Tip 1**
Staying home and taking care of ourselves to be able to take care of others

**Tip 2**
Taking basic protective measures

**Tip 3**
Being empathetic and supportive

**Tip 4**
Raising awareness against the virus

**Tip 5**
Adopting equitable attitudes and behaviors

**Tip 6**
Learning at home with enthusiasm

**Tip 7**
Informing ourselves to take care of our sexual and reproductive health

**Tip 8**
Rejecting discrimination and violence

**Tip 9**
Interacting safely in digital environments

If you need help or additional information: