



# YOUNG PEOPLE MAKE A DIFFERENCE

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:

