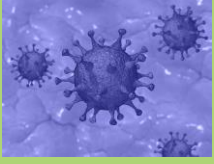


COVID-19 and Youth

Youth Voices



Printed in COSH
Newsletter, Winter 2021

American Academy of
Pediatrics (AAP) Council
on School Health
(COSH)

Still Kids

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We have zoom, google meet, facetime, and every other form of video service at our fingertips,
But we don't have a true connection.

There is no replacement for the smiles in the hallway, the feeling of winning playoff games, and the
satisfaction of knowing the correct answer.

We want to be kids, but the pandemic has forced us to grow. We are still young, but we feel so aged by all we
have been dealt.

We want to cry about all we're missing, as we're still just kids trying to cope, but we also know that we are
grateful for our health and safety. We feel guilty, relieved, and completely terrified.

We're big kids, we can handle the truth, but we also want our loved ones to hold us tight, and tell us it will be
alright.

Because we're just kids in crazy times.

We are trying to be mature, but please remember we're just naïve kids.

We miss the embrace of our friends, small talk with teachers, and those early school mornings we once
dreaded. We miss our lives. We miss just being kids.

We are really trying our best to be strong, so please just be patient and tell us if we do something wrong.
Remember that we are still young and living through strange times.

Because we are just kids.

We're missing silly school crushes and awkward proms. These things that we always thought were going to be
part of our life, well, now they're gone.

But it's okay, we will be alright. We are still just kids with a whole lot of time.

In the age of social media, love can occur online, and we're learning to adapt.

But please, just remember that we are just kids. We try our best, and we learn as we go. We're bound to make
mistakes, it's only normal.

When you're a teen everything feels so serious, but now it really is.

So help us learn how to grow up during these unprecedented times, but also help us remember that we're just
kids.

We haven't gotten to be kids in a while, and we're not ready to be completely grown up just yet.



[VCHIP YOUTH HEALTH INITIATIVE](#)

March 2021

