

How to Talk to Children about Changes to Mask Guidelines

While some students may feel relieved or indifferent about changes to mask mandates in schools, others may feel confused or anxious. Regardless of the reasons, students and families may have for their mask choice, it is important to respect each other's concerns, needs, feelings, and opinions.

The following are some ways families can talk with students about mask changes in school:

- Inform your child about the improved conditions that allowed health agencies to make [changes to the mandates](#) that allow for masks to be strongly recommended rather than required and why the state health agencies updated their guidelines.
- Ask your child how they feel about the changes.
- Discuss why your child may or may not want to continue masking.
- Emphasize the importance of respecting the concerns and opinion of others.
- Let your child know that some students and staff may or may not be wearing a mask and that assumptions regarding someone's beliefs or health status based upon their choice should not be made.
- It may be helpful to remind your student that anyone who wishes to wear a mask at any time for any reason may do so.

You can also remind your student that [IUSD's multi-layered health and safety mitigation strategies](#) remain in place, including a mask if they wish to wear one.

