

HELPING YOUTH STAY SOCIALLY CONNECTED

Tips and tricks for virtual platforms:

- Get super familiar with your virtual platform of choice – learn about the tools/features before you plan an event.
- Recruit help for the technology logistics during the event so the leader can focus on leading and engaging.
- Market your event on social media and other platforms.
- Use a fun conversation-starter to kick-off the meeting.
- Use your webcam or video so others feel comfortable using their camera.
- Consider recording the event so others can use it later and learn from you!

Do's and don'ts:

DO:

- It's okay to talk about the tough stuff, just do it in a constructive way; be open and honest; acknowledge fear and anxiety; and come from a place of care and compassion
- It's okay to use HUMOR
- Be purposeful in your engagement
- Do your best to check credibility before sharing resource sites and articles

DON'T

- Spread fear and hysteria
- Push a personal agenda
- Unload personal problems onto young people and families its okay to be relatable but try not to cross into unloading

Platforms to engage with young people and families:

Facebook

Messenger

Video chat

Stories



Instagram

Instagram stories

Live

Video Chat

Snapchat

Messages

Stories

Video chat

ZOOM

Skype

Facetime

iPhone

Google Hangouts

Phone calls

Text messages

Rave

Watch movies

Chat

Gaming Systems

Host a virtual game night

Play on teams with young people

EX: War Zone, Fortnite

Discord

Chat

Twitch

Live stream game play





Ideas to Engage and Connect on these Platforms:

Share Vital Resources

- Information about those organizations that are still open
- Hotlines
 - Child abuse and Neglect: 1-800-652-1999
 - 211
 - Suicide Prevention Hotline: 1-800-273-8255
 - WCA: 402-345-7273
 - Boystown: 1-800-448-3000
 - National Domestic Violence Hotline: 1-800-799-7233
- Pantries & Food Distribution Sites
 - Mobile and drive-through
 - Reputable websites for information
- Nebraska Children COVID-19 Resources:
 - www.nebraskachildren.org/covid-19-information-and-resources.html
- CDC: www.cdc.gov/coronavirus/2019-nCoV/index.html
- Support services
- Telehealth (mental and physical health)

Use social media influencers to share accurate and up-to-date information via social media

- Social media influencers are young people that are paid to share accurate and critical information to their networks of other young people
- Nebraska Children Contact:
 - Crystal Aldmeyer
 - caldmeyer@nebraskachildren.org

Live Cooking sessions

- 'Nailed It' competitions
- Gather ideas from young people for meals
- Encourage young people and families to do live streams of their cooking

Virtual Check-ins

- Give young people and families a safe space to check-in, talk about how they are feeling and relieve some of the feeling of isolation
- Play games together

Post questions for engagement such as:

- What are you making for dinner?
- What is on your playlist?
- Post pictures of your animals
- What is your favorite...?
- This or that?
- Would you rather?

Create and offer virtual trainings that would benefit young people and families – you can even offer a stipend for participation! Ideas for trainings include:

- Cooking sessions
- How to make money online
- Budgeting
 - bit.ly/YourMoney-YourGoals
- Budgeting in times of need and prioritizing what bills to pay

- bit.ly/YourMoney-YourGoals
- How to access public benefits like unemployment insurance or SNAP
 - <http://dhhs.ne.gov/Pages/SNAP.aspx>
 - <https://networks.nebraska.gov/vosnet/Default.aspx>
- Foster Club Trainings
 - <https://www.fosterclub.com/>
 - Nebraska Children Contact: Aaron Weaver
 - aweaver@nebraskachildren.org
 - 402-875-3594

Employment

Education

Strategic Sharing

DIY

- Access videos through YouTube or Pinterest

Speakers Bureau Trainings with agencies

- Nebraska Children Contact: Schalisha Walker
 - swalker@nebraskachildren.org

Youth and Families Thrive module activities

Reaching Teens or Your Money, Your Goals toolkit activities

- bit.ly/YourMoney-YourGoals
- Parenting tips and ideas for family time

Self-Care

- Yoga sessions
- Meditation sessions
- Stress reduction workshops / tips
- In-home workouts
- Virtual hikes
- Post pictures of favorite outdoor places
- Ask young people and families what THEY are doing for self-care
- Support groups

Fun

- Virtual dance sessions
- Sing camp songs
- Trivia
- Scavenger hunts
- Share memes and GIF's
- Adult story time
- Kids story time
- Painting/art sessions – deliver supplies before the session and do an art project or craft together
- Crafts
- Picture Stories
 - Cooking a meal
 - All about your pet
 - Favorite places
 - Hikes
 - Outdoor places
- Post YouTube videos