

# CONTINUING TO BUILD A DEVELOPMENTAL RELATIONSHIP

## SOCIAL DISTANCE TRANSFORMED INTO DIGITAL NEARING

In these challenging times of social distance and self-isolation to avoid the spread of infection from the Novel Coronavirus (COVID 19), we know that relationships are key to growth and development, and we continue to encourage the bonds of social interaction, albeit in a **new and digital way**. We have been listening to Agency staff share their successes of using technological platforms in amazingly innovative ways! We want to help continue this engagement of matches by providing weekly ideas for conversations and activities that help build developmental relationship with young people. These discussions can take place using any technological tool!

<b>Elements of a Developmental Relationship</b>	<b>Actions</b>	<b>Activity Idea</b>
<p><b>Express Care</b> Show me that I matter to you.</p>	<p>Be dependable Listen Believe in me Be warm Encourage</p>	<p>Send a text, email, or video letting your Mentee know you are thinking of them during this time. Suggest ideas for how they can practice self-care. Make it regular!</p>
<p><b>Challenge Growth</b> Push me to keep getting better.</p>	<p>Expect my best Stretch Hold me accountable Reflect on failures</p>	<p>Encourage your Mentee to continue with their schoolwork in light of the school closures. This may seem trivial, but it is very possible that your mentee is not receiving that type of motivation at home and it will be vital for their transition back into school. These are trying times on families with many competing demands.</p>
<p><b>Provide Support</b> Help me complete tasks and achieve goals.</p>	<p>Navigate Empower Advocate Set boundaries</p>	<p>Ask how your Mentee is feeling during this time. Share your understanding for their feelings, as we are all feeling uncertain right now. Each of you can pick a song that reflects your feelings at this time. Discuss the meaning of the lyrics together.</p>
<p><b>Share Power</b> Treat me with respect and give me a say.</p>	<p>Respect me Include me Collaborate Let me lead</p>	<p>Ask what their new daily schedule looks like. Encourage the young person to come up with a timetable for their new version of 'school'.</p>
<p><b>Expand Possibilities</b> Connect me with people and places that broaden my world.</p>	<p>Inspire Broaden horizons Connect</p>	<p>Ask your mentee how they would handle this situation if they were in a leadership position. What supports would they want families to have? What would they do differently?  Have fun in a new digital way, check out this virtual escape room! <a href="https://tinyurl.com/u2tc669">https://tinyurl.com/u2tc669</a></p>

IF YOU WOULD LIKE TO HELP CONTRIBUTE TO THESE WEEKLY LISTS, PLEASE CONTACT **AMY HOGEMANN**, NATIONAL MANAGER, MEMBER RELATIONS AND SUPPORT.