

# 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!

Elements of a Developmental Relationship	Actions	Activity Idea
<b>Express Care</b> Show me that I matter to you.	Be dependable Listen Believe in me Be warm Encourage	During your virtual or phone conversations, make sure to use follow up questions to exhibit the care you are feeling for the young person. Do not dismiss any feelings they may be having during this difficult time. Provide them with your full attention while they are sharing.
<b>Challenge Growth</b> Push me to keep getting better.	Expect my best Stretch Hold me accountable Reflect on failures	Home based learning is going to be VERY new and challenging for many of the young people we work with. Help them find solutions to the problems they are finding with learning from home, rather than simply providing them with examples. Talk through some of the challenges they are experiencing.
<b>Provide Support</b> Help me complete tasks and achieve goals.	Navigate Empower Advocate Set boundaries	This may be a difficult time for the young person at home with the demands on parents being greater than ever. Show you are there for the young person as a point of support. Continue to show up (virtually) to support the young person. Stay true to the commitments that you make.
<b>Share Power</b> Treat me with respect and give me a say.	Respect me Include me Collaborate Let me lead	Deciding on a virtual platform to connect with your young person is a great way to share the power in your relationship. What better resource around technology that a young person? Let them drive the conversation and the decision around the tools they want to use to connect.
<b>Expand Possibilities</b> Connect me with people and places that broaden my world.	Inspire Broaden horizons Connect	Continue to connect with your mentee around future visioning. Is there a connection that you can make from your life that would benefit your Mentee? A co-worker or a friend that you can add to a virtual call to discuss their job or education.

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