

# 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>Take an extra step to show them that you care! Create a cool postcard in a computer program or by hand. Make sure to incorporate things that the Mentee values (activities, family, pets, etc). You can mail it to the Mentee, to the local agency (check with staff), or take a picture and share it virtually.</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>Take this time to challenge critical thinking. Find a few examples of ‘bad’ news stories to be able to share with your Mentee. Discuss how to access the best sources for up to date news articles.</p>
<p><b>Provide Support</b> Help me complete tasks and achieve goals.</p>	<p>Navigate Empower Advocate Set boundaries</p>	<p>Discuss the future. Talk through any feelings of discomfort around what the future may hold for the Mentee. What do you both feel is going to be the biggest change once this crisis is finished? Will the world be different? If yes, how?</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>Check in for feedback on how your Mentee is feeling around the schedule and consistency on how often you are connecting. How are they feeling about the tools in which you are using to connect? If there is any need for change, ask for the Mentee’s suggestions prior to providing your input.</p>
<p><b>Expand Possibilities</b> Connect me with people and places that broaden my world.</p>	<p>Inspire Broaden horizons Connect</p>	<p>Utilize online tools to share learnings. Use apps to learn a new language. Challenge each other to a quiz, taking turns each week to produce the vocabulary challenges. A great tool is Duolingo.</p>

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