

# 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 <sup>1</sup>	Actions	Activity Idea
<b>Express Care</b> Show me that I matter to you.	Be dependable Listen Believe in me Be warm Encourage	Google a list of <i>getting to know you</i> questions. Take turns asking each questions! Have some fun with it. Feel free to add to the list you find online or be creative and make up your own lists individually.
<b>Challenge Growth</b> Push me to keep getting better.	Expect my best Stretch Hold me accountable Reflect on failures	Check out your local library's online lending options together. Browse titles together to find something that interests both of you. Start reading the same book together and challenge each other to finish a chapter a week. Send messages/texts to encourage during the week!
<b>Provide Support</b> Help me complete tasks and achieve goals.	Navigate Empower Advocate Set boundaries	COVID-19 has been a difficult transition for EVERYONE! Spend time talking about challenges you have faced in your last 4 weeks. How have you overcome them? What have you changed in terms of your daily life? Encourage them to share their challenges as well.
<b>Share Power</b> Treat me with respect and give me a say.	Respect me Include me Collaborate Let me lead	Encourage the Mentee to take time to teach you something! What does your Mentee do to fill their time at home? Is it something they can teach you? A video game, have them tell you about their favorite show, what book are they currently reading...
<b>Expand Possibilities</b> Connect me with people and places that broaden my world.	Inspire Broaden horizons Connect	Spend time checking out meditation and mindfulness together. Before diving in, give <a href="#">the research</a> a review to investigate the benefits. Try it either together or separately. Ensure if you try it separately to check in on the experience next week. Try Headspace (free trial) or check out free videos on YouTube.

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

<sup>1</sup> Search Institute®