



TRIBAL YOUTH
RESOURCE CENTER

CONNECT & THRIVE

Maintaining Tribal Youth
Connections During
a Public Health Crisis

WE ASKED TRIBAL PROGRAM STAFF

how do you
maintain connection
with youth during a
time of separation?



Here are a few ideas that
were shared-



IDEAS FOR PROGRAM STAFF



Mail or deliver activity packets for youth to complete at home.

Reflect and plan activities for when the youth return to the program.

Rest and practice self-care to maintain individual and community health.

Use safe, age - appropriate social media platforms to maintain face to face connection.

Give parents/caregivers a call and let them know you are thinking about their child and family.



WHAT ARE SOME IDEAS FOR YOUTH AT HOME?



Read a book.

Create a video
blog of life

Take a walk or
go for a run—
remembering
safe distances

Create art—
paint, draw,
sketch, weave,
mold, dance,
sing.

Watch a favorite movie or
video.

Rest.

Stretch.

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