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.

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.

Rest and practice self-care to maintain individual and community health.
WHAT ARE SOME IDEAS FOR YOUTH AT HOME?

Read a book.

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

Watch a favorite movie or video.

Create a video blog of life

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

Rest.

Stretch.

This project was supported by Grant #2018-MU-MU-K001 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.