

**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.

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

