

E-MENTORING DURING COVID-19



While connecting with your Little in person isn't possible right now, you can connect with them virtually. E-mentoring is when match relationships interact using technology. E-mentoring focuses on communication like video chat, instant messaging and texting.

During this changing and unpredictable time, BBBS of NYC is committed to supporting you as we learn to adapt to this new way of interacting. The safety of your Match relationship continues to be our top priority.

Your program manager is also working on solutions to assist you in this new virtual environment. Please make sure to stay connected with them.

UTILIZE TECHNOLOGY

Know what technology your Little has.

Your Little might not have access to multiple forms of technology, so it's important to connect with them to see what they do have access to.

Use Video Chat.

Whenever is possible, we encourage you to use video chat to connect with your Little. Video chat allows you see each other and potentially connect in a deeper way. If your Little is not able to, not comfortable with, and/or not engaged in this method of communication, reach out to your Program Manager to figure out solutions.

Test your tech.

Play around with it until you both feel comfortable. Make a plan, and be flexible when technical issues happen.

Ensure safety.

Confirm all privacy settings. Make sure that you're connecting with your Little at appropriate times during the day, and that your surroundings are private safe and comfortable space for your conversations with them.

ENGAGE IN CONVERSATION

Support your Little.

Your Little is adjusting to a new virtual school day, they can't see their friends or other loved ones or even engage in other regular activities. Remember to discuss topics you normally would, including academics, family, and more.. Share or hear about how both of you are experiencing things right now.

Ask about school.

Ask questions like "What is your daily routine like with remote learning?" or "How do you feel about connecting with your teachers virtually? What do you like about it, and what don't you like about it?" This can give provide insight into how your Little is experiencing this new environment.

Commit to self-care.

Everyone is adjusting in their own way. Ask what this looks like for them, what they're doing to adjust, and how else they'd like to care for themselves. Explain what self-care is and provide them with suggestions.

PLAN YOUR CONVERSATIONS

Plan activities.

Sometimes having quality conversations over video chat can be new or challenging for Littles. Doing a planned activity on your call can help guide conversations.

Identify activities.

BBBS of NYC has come up with lots of ideas for activities you can do with your Little. These include Missions in the GoBig App, virtual experiences, games, virtual tours, and more. Visit our website for our ongoing list of ideas. Make sure that parents/guardians approve of all virtual activities in advance.

BBBS of NYC is committed to supporting you, and we're learning to adapt to this new way of interaction. You are not alone in this! Stay connected with your Program Manager they can help you navigate this new, virtual communication. Communicate and partner with your Little's parent/guardian whenever is possible. Always reach out to your Program Manager for additional support, guidance and resources during this difficult and unpredictable time.

Thank you for partnering with us in this new environment; together we can continue to ignite the potential of NYC youth.