

## Ideas to Use Technology to Keep Youth Connected

- **Youth-to-youth connections**—Youth can share with each other that they are not alone. Youth may feel sad, angry, isolated, but can reassure each other that everything will be ok.
- **Youth-to-youth mentoring**—Connect youth to other youth or peer coaches so they have trusted sources of mentorship (both official and unofficial).
- **Friend and family time**—Connect with family and friends on Zoom, Facetime, Google Hangouts, Facebook Live, Facebook watch parties, and similar platforms that support real-time, face-to-face (virtual) interactions.
- **Do activities together online**—Youth can do activities with friends and family online including game nights, karaoke, book club discussions, makeup tutorials, cooking a new recipe together, working out, dance parties, studying together, or making crafts together. Many of the apps mentioned above can support these activities, and specialized game and other apps are available for specific activities.
- **Watch movies with friends and family**—The “Netflix Party” extension for the Chrome browser allows friends and family to sync their Netflix and watch a movie or show together online while text or voice chatting.
- **Use video games to connect**—Multiplayer online video games, such as Fortnite, Apex Legends, and Overwatch, are a social activity.
- **Participate in challenges**—TikTok challenges, fitness challenges, reading challenges, and challenges give participants shared goals to focus on and talk about.
- **Get inspired**—Many posts on platforms like Instagram focus on topics such as meditation and healing.