

Mentoring Resources & Tips for the COVID-19 Pandemic

- ▶ **Be intentional** about preserving continuity in the relationship.
 - Acknowledge what is going on and engage in a dialogue about the pandemic.
 - Understand and honor your emotions and the emotions of your mentee, including the range of reactions that may be expressed.
 - Commit to self-care. Know that it is okay to take a break from the news and discussions about the virus as needed to manage anxiety or other responses to the situation.

- ▶ **Be in it together.** Let your mentee know that you are in this together and are here to help.
 - Follow the latest on COVID-19 on the [CDC's website](#).
 - Follow the guidelines of your mentoring program, institution, or the guardians of your mentee around how to connect and communicate virtually with your mentee if in-person connections are suspended. Decide on clear boundaries and agreements about how you will connect with your mentee when meeting in-person and continue to follow the latest health guidelines and recommendations about where and how to gather.

- ▶ **Be communicative.** Healthy and supportive relationships are crucial during this time.
 - If your mentoring program remains open and you feel comfortable, continue to show up for them in person – young people need our support now more than ever!
 - If in-person meetings must pause, follow the appropriate path:
 - If you are permitted/able to communicate virtually with your mentee:
 - Let your mentee know you need to temporarily pause seeing them in person but are still there for them virtually. Create a plan with your mentee about how you will stay in touch while continuing to follow the appropriate guidelines.
 - If you are not permitted/able to communicate virtually:
 - Work with the program to figure out a way to pass along information to let your mentee know that you care, value the relationship, and will need to temporarily pause in-person meetings. Health and safety are the primary focuses at this time.

- ▶ **Additional Resources:**
 - Read this [Talking to Children About COVID-19](#) resource
 - Share this [Comic Exploring The New Coronavirus](#) with youth