



Promoting Youth Engagement & Connectedness in a COVID-19 World

Selected Resource List

May 1, 2020

National Prevention Technology Transfer Center Pandemic Response Resource Page

- <https://pttcnetwork.org/centers/global-pttc/pandemic-response-resources>

Staff Capacity to Connect & Engage Youth

- Youth.gov
<https://youth.gov/feature-article/covid-coronavirus-resources>
- ASTHO's Preventing Adverse Childhood Experiences During COVID-19
<https://www.astho.org/COVID-19/Preventing-ACEs-During-Pandemic/>
- Search Institute's Coronavirus checklist on Developmental Relationships
<https://www.search-institute.org/wpcontent/uploads/2020/03/Coronavirus-checklist.pdf>

Activities/Strategies for Youth Engagement- *Substance Use Prevention Curriculum*

- Curricula Updates from program developers
 - o Botvin Life Skills
<https://www.lifeskillstraining.com/covid-19-update/>
 - o Reconnecting Youth
<http://www.reconnectingyouth.com/>
 - o Too Good Programs
<https://toogoodprograms.org/>
- Youth.Gov Think, Act, Grow Guidebook
<https://youth.gov/sites/default/files/TAG-Playbook-2019.pdf>
- Online Game Hangouts
<https://www.elitedaily.com/p/8-online-games-to-play-with-friends-for-a-virtual-hangout-22698821>

Wellness Activities

- Weekly SEL Calendar of activities from Uxbridge Public Schools
<https://ma50000413.schoolwires.net/Page/627>

- 4 Daily Mental Health
Activities: https://greatergood.berkeley.edu/article/item/four_things_to_do_every_day_for_your_mental_health?fbclid=IwAR2MtWSvf6LI8PbrU6B_wwgST_1ummDTH2VMvw0fv5sjrVgMEVArDbWb9l
- Manage Anxiety & Stress Around COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- Tips and Info for Youth from Youth.Gov
<https://engage.youth.gov/topics/covid-19>
- Resources to Promote Well-Being During COVID-19 Outbreak (includes game websites, journal questions, etc.)
<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/>

Adult/Parent Support for Teens

- Teens & COVID-19: Challenges and Opportunities During the Outbreak
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>
- Ways to Promote Children’s Resilience to the COVID-19 Pandemic
<https://www.childtrends.org/publications/ways-to-promote-childrens-resilience-to-the-covid-19-pandemic>
- UNICEF: How teenagers can protect their mental health during coronavirus (COVID-19)
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Promoting Wellness

- SAMHSA- Coping with Stress During Infectious Disease Outbreaks
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>
- Psychological First-Aid: Provider Self Care
https://www.nctsn.org/sites/default/files/resources//pfa_for_schools_provider_care.pdf
- Mental Health First-Aid – online course to be available
<https://www.mentalhealthfirstaid.org/>