Digital Youth Work

A rapid response to delivering quality LGBT+ Youth Work during the COVID-19 Public Health Crisis

Welcome

The Proud Trust have produced this suite of documents for our organisation to use.

There are a range of documents particular to LGBT+ Youth Work with in the suite.

The document suite is ever evolving to keep pace with the current Public Health Crisis.

I hope you will find the documents easy to read and easy to use.

Feedback is most welcomed

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Remote working guidance and welfare for TPT Staff re Covid-19

The Proud Trust (TPT) is concerned about the current Covid-19 (coronavirus) situation and we are issuing this guidance to staff to offer assurance and give support. Please remember that all TPT policies remain in place.

Current UK Government Guidance:

The Current UK Guidance is located at: https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public?utm_campaign=519632_Coronavirus%20%28Meetings%20and%20Gatherings%29&utm_medium=email&utm_source=Barnardos&dm_i=4ZNU,B4Y8,1FMKJI,17TZV,1#number-of-cases

This guidance changes each day so please check it regularly.

What is remote working:

We are now asking staff to work remotely.

Remote working means working anywhere other than TPT premises, and usually at home.

What has changed:

- All employees are asked to work from home from ADD DATE until ADD DATE. In the first instance.
- If you have a compromised immune system we recommend social distancing to avoid the risks of contracting CIV-19, seek advice from your Doctor.
- We will provide a small expense payment of ADD AMOUNT per month (pro rata) for all employee's home working costs for the next month, to be reviewed as the situation progresses.
- No visitors at ADDRESS and ADDRESS without approval from EMAIL ADDRESS and PHONE NUMBER
- Postpone all events between ADD DATE until ADD DATE in the first instance.
- Converting all meetings to video conference meetings/ conference phone calls using Google Hangout (GH), and where necessary other platforms e.g. in meetings with ADD EXAMPLE if they use e.g. Zoom.
- For any crisis involving young people refer to ADD EMAIL and ADD PHONE NUMBER
- Keep your own work space clean and hygienic using cleaning products. This is guidance from MACC re: shared workspaces. https://www.manchestercommunitycentral.org/news/coronavirus-covid-19-%E2%80%93-information-signposting-and-guidance-voluntary-sector-organisations
- Encourage staff and young people on low incomes to avoid paying non- essential expenses, (priority is cash for food), and for low income people/households to follow Job Centre/DWP advice line and contact benefit services, don't leave it until you are already in crisis.
- Coronavirus additional sick pay – What happens if staff have to self-isolate/ get coronavirus? Their contractual position would usually mean statutory sick pay only,

which is ADD AMOUNT per week for full timers/those who earn over ADD AMOUNT, and nothing statutory for those who earn less than ADD AMOUNT per week.

Most staff in isolation could still do their job in isolation through remote working and therefore would still get full pay.

If they are symptomatic and are unable to work, these staff will get their full pay for the time they are off, up to 1 month, to then be reviewed on a case by case basis. The sickness and absence policy re notifying line manager etc. should still be followed. Every reasonable effort should be made to get tested and/or Doctor's note, but due to changing nature of the advice and being aware of the capacity limitations of the NHS, a test and/or Doctors note may not be possible, and the Trust will flex on this requirement if this is the case.

- All Youth work including group work and one to one work will from ADD DATE until ADD DATE will move to GH . Limit group work to 90 minutes and one to one work to 20 minutes' s to protect your own health. Be creative with your group work, focus your 90 mins on 15 minutes of a subject then move to the next subject/activity to keep momentum. Use quizzes, short clips, text function to create stories, poems and prose for art activist, use word games, introduce us to your pets and family if you are able to, join in group singing using displayed lyrics etc. For your one to one work try to make it more directional encouraging YP to make safe plans

- All the news about #coronavirus right now can be daunting - particularly for children and young people (C&YP) who might find it difficult to understand what they're seeing online or on TV. So talk about #COVID19 in a way that's comforting - and not scary. Start by inviting C&YP to talk about the issue. Find out how much they already know and follow their lead. Take the chance to remind them about good hygiene practices without introducing new fears. Get them to look at and discuss #safehands challenge (clean hands can reduce the virus in the population by up to 10% according to World Health Organisation). All young people to talk freely. Drawing, stories and other activities may help to open up a discussion. Most importantly, don't minimize or avoid their concerns. Be sure to acknowledge their feelings and assure them that it's natural to feel scared about these things. Demonstrate that you're listening by giving them your full attention and make sure they understand that they can talk to you. Remind them that you care. Encourage them to seek reliable sources of information about the virus. Social media at this time can be very unreliable. Instead recommend the BBC and Channel 4 for UK news and MSNBC for USA news (available on YouTube)
- Encourage staff , C&YP to socially distance from older people they know, but to do food supply check / call these people so they don't get isolated.

- Be aware, the feelings of C&YP (and you) around the virus will probably reflect the stages of grief: shock, denial, anger/blame (including blaming self), bargaining, depression, looking for solutions, acceptance. It is possible, though hopefully unlikely, that some close family of our C&YP will get very sick or die, and this might even take

place in their homes. Regular checking-in is key, and creative thinking alongside them will help.

- We may explore practical support to one another as staff and to young people - such as getting shopping for those isolated. If this is the case, this will be discussed in the GH meeting and a safety plan for such activities will be agreed. But this is rather like the 'put your own oxygen mask on first message' - Don't be a martyr or take unnecessary risks - keep yourself safe and practice social distancing.
- Planned GH meetings for you :

Date	Who	What	Why	URL and Phone
COORDINATORS				
DATE	Youth Work coordinators to meet	discuss ideas for GH group work and one to one work with YP	To ensure continuity and answer questions and concerns	ADD
DATE	Youth Work coordinators to meet	discuss ideas for GH group work and one to one work with YP	To ensure continuity and answer questions and concerns	ADD
ALL STAFF				
DATE	We will have a TPT whole team GH	to update on status and answer any questions.	To ensure continuity and answer questions and concerns	ADD
DATE	We will have a TPT whole team GH	to update on status and answer any questions.	To ensure continuity and answer questions and concerns	ADD
DATE	We will have a TPT whole team GH	to update on status and answer any questions.	To ensure continuity and answer questions and concerns	ADD
DATE	Whole team	to update and inform re next steps	To ensure continuity and answer questions ,concerns, next steps	ADD
MANAGERS				
DATE	Managers	to review	To ensure continuity and answer questions ,concerns, next steps	ADD
DATE	Managers	to update	To ensure continuity and answer questions ,concerns, next steps	ADD
DATE	Managers	to update and review next steps	To ensure continuity and answer questions ,concerns, next steps	ADD
DATE	Managers	review situation and agreed further action	To ensure continuity and answer questions ,concerns, next steps	ADD

- Your manager may also plan a staff group GH each week with them.

Your remote working environment:

The environment you set up for yourself can have a huge impact on your happiness and productivity when you're working remotely.

Desk setup: Set up an environment that is as ergonomically friendly as you can. This might mean bringing your mouse and/or keyboard from the office, clearing off a table at your house to work.

Set work boundaries: When you work from home it can be hard to "turn off" because your physical space doesn't change. WFB (Work from Bed). It's tempting to work from the most comfortable spot in your house (your couch, bed) but try to avoid it if you can. Make sure you're able to relax and unwind at the end of the work-day, having dedicated "work-free" spaces like couches and beds can be instrumental in helping you differentiate working from resting and recharging.

Set expectations with your family/housemates: You might be able to help out more around the house if you're working from home, but your family/housemates may have unrealistic expectations of what "working from home" means. Make sure you're both aligned on what this new arrangement will look like. Share your working hours with them and make sure they know when they shouldn't interrupt. Set your DND (Do Not Disturb) schedule.

Create a work routine: A strong work routine can help you stay on track and set work boundaries that prevent burnout. Think about creating a new routine that works for you that includes start and end times for work every day, negotiate this with your line manager and communicate this to your team(s). Match your DND (Do Not Disturb) schedule to this. Build in time to cook/eat. Take breaks and walk around your home or outside to stretch and give your eyes a break.

Dress appropriately: Make sure to change out of your Pyjamas, and wear decent attire for any GH call.

Being accountable: Ensure from this point forward you record all your working time and tasks on your e.g. **Google Calendar** so that your manager can easily see what you are working on and when, and you are able to keep track of your time and activity.

Protecting your health:

Protecting your health and safety is important and how you approach that is going to be different based on your own unique situation. Whether you feel unwell, you're concerned about your own immune system's ability to respond, care for elderly family members or children, or just want to help contain the spread amongst your local community, we are encouraging you to work remotely ideally from home.

Self-Care :

Remember to take care of yourself! Whether it's the coronavirus or any cold or flu, we encourage all employees to work from home or take sick time and rest up before returning to work.

Check out this useful podcast on dealing with undue stress at this time:
https://megjohnandjustin.com/you/stress-and-coronavirus/

Sick pay:

Everyone in TPT is covered by sick pay, see section in *what has changed*. If you are sick, tell your line manager and follow the usual rules in the sickness policy.

The switch from in Real Life (IRL) to Google Hangout (GH)

As some people begin to work from home, we need to support each other, the TPT and LGBT+ young people so please ensure:

- Expectations are clear;
- Meetings are efficient;
- You ask for clarity form your manager
- You don't go beyond the limits of your own authority
- Decisions continue to get made
- We work together effectively.

Using Google Hangout(GH)

Google Hangout (GH) is available to you on the Google Suit as part of your email package.

Usually at The Proud Trust we set up our Google Hangouts through the calendar function, which allows you to invite others to the meeting by adding in their email address.

If you are adding in email addresses, make sure to **untick** the *invite others and see guest list* options as this will protect our **GDPR** requirements, protect people privacy and will ensure only those that the Chair invites can attend.

A URL and phone number with access code will be generated in the calendar appointment which can be used to log into or phone into the meeting.

GH is also available as an App to download to your phone. (Hebe is particularly familiar with this option and can assist you: hebe.phillips@theproudtrust.org)

Functions of GH

Features include audio, video and chat function to type messages to other users and screen-sharing option to let other callers see what's on your computer. There is also a captions function so that you can follow the conversation through live feed text.

You are asked to mute your microphone if you aren't talking, which ensures people are not distracted by other noise, and you can turn the mute off when you need to talk.

Two hours is usually a max time length for any one GH.

How GH meetings will run:

- The Chair is usually the person who set up the GH meeting or will declare themselves at the start of the meeting.
- The Chair will explain the purpose of the meeting, and any agenda, and how the meeting will run

- How long the meeting will be
- How and when people will be asked to talk/contribute,
- How long will be spent on each item.
- Chair will verbally summarise key issues and decision throughout the meeting and check for clarity on by asking participants to post onto the text function.
- The Chair will announce when the meeting is half way through and again with ten minutes left until the end.
- The Chair will set the date for any next meetings if needed at the end of the meeting

Throughout the meeting participants can ask questions, add comment and ask for points of clarity using the text function, and the Chair will facilitate the responses to these, for example by inviting the person asking the question to talk about the item.

What to be conscious of when using GH

When using GH, be aware of what's behind you. Busy backgrounds and cluttered rooms can be distracting, and windows can cause glare or make your face too dark to see.

We send up to 10,000 non-verbal cues per minute in face-to-face interactions. Thus, turning on your camera is an essential part of effectively communicating.

Over-Communicate when using GH. Don't make assumptions about things that may seem obvious to you; instead, spell out the obvious. Describe exactly what you mean, even if you think you're repeating yourself. Do not assume that everyone has the same information you do.

Check for understanding, ask an explicit question. For example, "is my request clear?" "Is there anything I'm not adding here that you think is relevant?" "Does anyone else have further context to add?" These will help ensure everyone's on the same page.

Contact via phone/text

Outside of GH continue to use the telephone, your emails and Staff Facebook for communication

Staff cluster groups will also communicate via WhatsApp groups.

list of staff phone numbers (note these include personal numbers which are not for disseminating outside The Proud Trust):

| Name | NUMBER |

Name   NUMBER

Name   NUMBER

Name   NUMBER

Name   NUMBER

Risk assessment

Make sure you work from home and socially distance.

Socially distance means you cut down your IRL contact with people, as much as possible.

Harvard Medical School have said*, if you half your social contact you half transmission rates.*

Do keep connected through digital means.

Medical advice is if you wish to go for a walk outside then do, but avoid touching things/people/your face and avoid where people congregate. Wash your hands regularly with soap and hot water.

Risk assessment for Digital Youth Work (Safeguarding)

The Proud Trust -Digital Youth Work and Safeguarding Risk Assessment- During the COVID-19 crisis

Organisation: **Name of assessor:**
                    Date:

Hazard	Risk Rating		Control measures	New Risk Rating	
	Severity LMH	**Likelihood LMH**		**Severity LMH**	**Likelihood LMH**
Access to the Digital Platform					
Young People are unable to use the Digital Platform due to lack of hardware					
Young People are unable to use the Digital Platform due to lack of finances to buy data					
Young People are unable to use the Digital Platform due to lack of skill					
Young People are unable to use the Digital Platform due to lack of disability access					
Young People are unable to use the Digital Platform due to lack of privacy at home.					
Youth Workers , Youth Work Programme and Youth Work organisation.					
Reputational risk: that your youth project is not meeting targets, outcomes, deadlines, cancelling events, with potential impact on funding and partnerships.					
Information about the Digital Youth Work Meet fails to reach young people and numbers attending decline.					

Young People get bored and leave the Digital Platform					
Youth Workers lack digital skills to facilitate youth work on a Digital Platform					
Youth Workers digital device fails, battery runs out, loses digital connection.					
Safeguarding					
Risk of contracting COVID-19- because Young People plan to use the Digital Platform as a group together in real life					
Older independently living young people feel pressured to invite other young people to their homes as they have no- where else to meet					
Older independently living young people invite younger young people to their homes inappropriately.					
Unknown young people gain access the Digital Platform					
Young People are outed at home and face LGBTphobia					
Digital Platforms linked to email addresses, that the name can't be changed on, and reveals young person's *dead name or previous name.*					
Young People and Youth Workers like/comment on any Young Persons posts on Instagram and other Digital Platforms , that					

are public, poses a confidentiality and outing risk to the Young Person.					
Young people share inappropriate content during the Digital Meet on the display or chat feature.					
Young people are disruptive and sabotage the Digital Meet					
Young people express increasing negative impact on their mental wellness during the COVID-19 crisis.					
Young People indicate they are considering self-harm / are self-harming during the Digital Meet					
Young Person refuses to voluntarily end contact at end of Digital Meet set time.					
Young People indicate they are considering taking their own life/ attempt to take their own life during the Digital Meet					
Young people continue on the Digital Platform once the session has ended					
Having an increased on line life during COVID-19, young people take more risks online e.g. sharing nude images, connecting with strangers (risk of grooming), cyberbullying, sexting, online gambling, exposure to LGBTphobia, Digitally self –harming,					
Young People living in poverty due to lack of					

income may take risks to obtain money e.g. selling nudes of themselves to raise money.					

TPT- Coordinators Guidance (Group work session - COVID-19 situation)

Context and intent.

The Proud Trust have changed the mode of Group work sessions from face to face *in real life* (IRL) delivery, to being delivered face to face on digital platform(s) (DP)

Our intent is to continue to deliver high quality supportive group work sessions with LGBT+ children and young people through DP

Google Hangout (GH) is the current DP in use by all Youth Work Coordinators and Assistant Youth Workers, we are continuing to user test other DP's for ease of use, accessibility, functionality, cost and security.

Logistics of delivering group work sessions

Traditionally young people take part in our group work sessions across our various venues and projects.

New working arrangements:

How:

Group has now moved to DP.

Coordinators will need to set up the *URL and phone in* on GH and disseminate to the YP.

No more than 10 young people should be on a GH.; if you have more than 10 YP then a second GH should be facilitated that your assistant delivers at the same time.

Only YP for whom you have up to date records for on the MI are permitted to join in.

Group work sessions will be split into a *Group check-in* and a *group work curriculum session.*

Each session should not be longer than 40 Minutes.

Group check in

The Group check-in is where the name game, pronouns, and ice breaker question is asked.

This is where you anchor the young people into our routine and ritual.

A positive news sharing circle can be used at the beginning of the session where young people share good/positive/interesting news with each other.

Youth Workers will need to ensure they keep to "supportive bouncy bouncy", and create a safe and enabling vide in the group.

Ask Young People to use the text function, to post any items that are concerning them, that they want the group to focus on; this will need to be closely moderated by the Youth Worker to ensure it is kept with in a solution focussed framework

End the session in a verbal evaluation such as "Whilst we've been together", and ask a positive question such as *what are you looking forward to at the next session*? as this will signal the close of session and emphasis the routine and ritual of our work.

Group work curriculum session

It is anticipated that the young people form the *Group Check session* in will also join in this session. You will need to review this, and decide if another name game, pronouns, and ice breaker question is asked.

Any ice breaker question should then relate to the curriculum activity you are about to deliver.

If you have no need to do name game and pronouns, then move directly to the ice breaker question which should then relate to the curriculum activity

Coordinators have been working on a number of Activity Ideas in Google Sheets, so please review these and plan your curriculum session.

Remember that our curriculum at TPT is themed across:

• Health and wellbeing

• Social issues and political participation awareness

• Sex, sexual health and relationships

• Skills for life and independence

At Coordinator GH we will explore in more detail the activities that you are able to run on DP

When:

The *group check in session* or the *curriculum group work* sessions will run at the same time as your usual group work sessions. This will help to maintain anchoring for young people.

However, the length of the sessions is now shorter. 40 minutes' maximum, which you spilt as you feel appropriate, so if you feel you wish to e.g. split it into 2 x 20min or 4 x 10 minute blocks you can.

As some groups have previously split across age lines, 90 minute sessions have been in use, so having two 40 minute sessions should work well.

What:

Always focus the sessions around how young people **support themselves, seek other specialised support**, and working through joys and concerns they are facing, together.

We are unable to offer sustained ongoing indefinite support and we can signpost young people to other forms of support. (Contact NAME for guidance on this)

One to one support:

At the beginning of the DP session, Coordinators should make it clear to young people, that If the young person is confident to do so then they can make a request for one to one in the text or voice function of the DP during group work session, however the one to one will be arranged outside of that session.

Alternatively, young people can What's app/text/ Facebook message/email the Coordinator, and the Coordinator can follow up outside of group work time, to make an appointment with the young person for the one to one.

Boundaries and limits of Youth Work staff.

TPT is not a 24/7 crisis service, and our skills are limited, If you a young person in in crisis and /or you need additional support contact NAME, EMAIL, NUMBER, and in an emergency contact the blue light services.

There are no additional hour payments available for staff, so please only work with in the capacity of your contracted hours.

Record your group work on the MI and continue to follow existing TPT policies.

Summary:

- Two types of session - Group check-in and a group work curriculum session.
- Coordinators inform YP, and YP alert staff that they would like a one to one
- One to one arranged outside of *group check in session and curriculum group work session,* unless you are able to run a parallel GH
- Group work during usual group times
- Sessions no longer than 40 mins
- No more than 10 YP on DP
- Record group work MI
- Keep to TPT Policies

TPT- Coordinators Guidance (One to one work- COVID-19 situation)

Context and intent.

The Proud Trust have changed the mode of one to one work from face to face *in real life* (IRL) delivery, to being delivered face to face on digital platform(s) (DP)

Our intent is to continue to deliver high quality supportive one to one work with LGBT+ children and young people through DP

Google Hangout (GH) is the current DP in use by all Youth Work Coordinators and Assistant Youth Workers, we are continuing to user test other DP's for ease of use, accessibility, functionality, cost and security.

Logistics of delivering a one to one

Traditionally young people would request a one to one during a group work sessions IRL, or would message the Coordinator at their TPT email address/message to the Coordinators TPT work phone.

New working arrangements:

How:

As we move our group work to DP, young people will be asked to make themselves known to the Coordinator should they need a one to one.

At the beginning of the DP session, Coordinators should make it clear to young people, that If the young person is confident to do so then they can make a request for one to one in the text or voice function of the DP during group work session, however the one to one will be arranged outside of that session.

Alternatively, young people can What's app/text/ Facebook message/email the Coordinator, and the Coordinator can follow up outside of group work time, to make an appointment with the young person for the one to one.

Coordinators can also post into their group Facebooks and Instagram, here is a suggestion of uniform statement to use: *"Hi folks. A reminder that 121s are available for anyone who would like to speak to a youth worker one to one. I will be available for 121s at (such time) on (such days). If you would like a 121 just drop me a message, and if those times don't work for you we will have a look at alternatives."(12 noon and 7.00p.m. Mon to Fri)*

121s can happen via google hangout, message or phone.

When:

One to ones will need to be arranged outside of the group work session, ideally **not** during the *group check in session* or the *curriculum group work* session.

The exception here is where the young person is in *crisis* and needs the assistance of the blue light services such as the Police and Ambulance Services.

One to ones can be arranged between the hours of **12 noon and 7.00p.m. Mon to Fri.**

What:

One to ones will be focused around you supporting young people to **support themselves, seek other specialised support**, and working through problems and concerns they are facing.

We are unable to offer sustained ongoing indefinite support and we can signpost young people to other forms of support. (Contact Cath for guidance on this)

One to one's should be for no longer than **20 minutes, and this should be made clear to the young person.**

Staff should only offer a maximum **of 4** one to one sessions with any individual young person.

On-going ones to ones with Vulnerable young people:

Coordinators are asked to do an initial check with vulnerable young people who they have been doing IRL one to one support with, to ensure they have other support, and then check again in two week.

Boundaries and limits of Youth Work staff.

TPT is not a 24/7 crisis service, and our skills are limited, if a young person needs crisis or acute services then contact Cath.

One to ones need to be arranged outside of DP group work time

Only offer one to ones 12 noon and 7.00p.m. Mon to Fri.

Max of 4 one to ones for any individual young person

Limit your one to one work load to 3 young people per week; involve your Assistants if they have contracted hours to use and/or if your Assistant can run a one to one session at the same time as the group work sessions on a separate GH.

There are no additional hour payments available for staff, so please only work with in the capacity of your contracted hours.

Record your one to ones on the MI and inform Cath via the Google Sheet

If you a young person in in crisis and /or you need additional support contact NAME, EMAIL,PHONE, and if need be the blue light services.

Continue to follow existing TPT policies.

Summary:

- Coordinators check in with existing vulnerable YP and again in two weeks
- Coordinators inform YP and YP alert staff that they would like a one to one
- One to one arranged outside of *group check in session and curriculum group work session,* unless you are able to run a parallel GH
- Appointments are 12 noon and 7.00p.m. Mon to Fri.
- Worker explains to YP that one to one session are no longer than 20
- Worker has no more than 4 YP each week for one to one
- Record all one to ones on MI and Google Sheet.
- Contact NAME for additional support and guidance for you EMAIL and PHONE
- Keep to TPT Policies

Feedback from TPT Coordinators on Digital Group work

First sessions on GH

Oldham Tues 17.3.20

Led by Olivia and supported by Jackie

Group went well. Ran for an hour and a half. YP were into it (think lots of them are habituated to online comms) and overall didn't yet seem that anxious/negative about covid-19 (slight worries from the older two only, younger ones worried about impact on exams and work mainly).

We did name game and something nice from last week, intro to online and explanation, go around re how we're feeling, ground rules, quarterly evals/new yp forms for those who I needed details from, and then I shared some funny and supportive memes/Instagram posts and got them to make their own memes about stuff they're thinking about, before final go around re what they enjoyed, what they might change about g-hangout set up (all of them said nothing!), and something nice they are going to do for themselves.

Met several cats and dogs, and yp were rly excited to suggest several online games and a cooking session that one of them wants to lead (they were cooking + eating during this one). They were also rly bouncy with one another - some of them had only been once before so think they were just excited to be part of it (plus they were also isolating so think it helped).

Much lower needs atmo than I feared. Hour and a half worked well for us but think it's cos I'm slightly too firm with leading potentially, and cos we have a small group (8 today).

Concerns re: other ppl in the same room during group, hard to pick up concerns etc via the format, and difficulty leading session and responding to their constant chatting on the text bit (but Jackie was amazing at scooping that up). My authoritarian self coming out because I'm able to mute

Rochdale Tues 17.3.20

Led by Matty and supported by Bob

Good, small numbers, but they also said they found it better than expected and I also got to meet lots of pets and a young person sang us a song so sounds similar! Got 5 younger and 2 older on GH. Usually get about 12-15 in person.

I believe some of older ones met up in person so might be why they weren't online. Need to check on with others why not.

I did full hour and half with both and it was way too long!

Need short sessions with lots of activities and changes.

Session plan:

(10mins) people joining and chatting and learning how to use GH

(5mins) me introducing the session and how it will work.

(15mins) name game and news

(15 mins) show and tell

(10mins) worries, concerns & questions about coronavirus

(10mins) what can we do to reduce our fears and worries

(10 mins) A-Z of activities we can do over Google hangout

(15 mins) charades

(5 mins) review

Manchester Tues 17.3.20

Led by Hebe and supported by Gordon

Some nice feedback. Lots of yp said in the evaluation they were scared/anxious/skeptical but actually joining changed their mind. I was introduced to lots of soft toys, a cat was fed a treat and Gordon sang ☺

Session Plan:

Yp arrive into chat

Name game introductions, introduce an object in the room you're in, news to share

Break 10 mins

Info about google hangout sessions how they will work

Ground rules for online sessions

Break 10 mins

3 word story to finish

Time for questions

Evaluation and end

Ideas for Keeping in contact with Young People

Suggestions (note the letters in brackets are staff initials who have suggested it)

Method	Functionality	Down sides	Other
Text	Via work phones only	If you don't have work phone, can't do OO If you have probs with work phone (battery, functionality), the same OO Cost OO Work phone isn't technically suitable KS Lack of nuanceCH Can't be 'always on' even if using phone for other means (OO)	My work phone charger is absolutely messed (OO) My work phone is poor (HP)
Call	Work phones only	Need to to not be always available..turn it off CH Work phone not technically suitable KS As above (OO)	Need internet access or lots of Data NL As above (OO)
Google hangout	Phone, tablet, PC	YP need access and privacy CH Coordination between 2 different workers to create and manage calendars/times	

		KS YP need data/wifi and a space to speak quietly (OO) YP might not have webcams/mics (OO) YP with Google Hangouts blocked by parental restrictions (KS)	
Letter and postcards	For everyone; nice touch, considered, personal, kind	If not out and parents open it could be risk; unsolicited post form an adult may be seen as dodgy. (SC)	Handling post in this climate- wear gloves, leave 72 hours to open.(Sc)
Instagram (posts, stories, messages - individ. And group) Instagram live	Need a work instagram account for group and for assistant workers (OO) Is the most used by YP in CWAC, so efficient (KS)	Not all YP have it (OO) Confusing interface for those new to it (OO) YP don't always check it (OO) Want to encourage yp away from constant social media use where possible! (OO) Need to have centralisation of info, with multiple worker accounts (KS)	Fun! CC Can repost encouraging things here (OO)

		Instagram live - only one person is visible and can speak, altho all can respond (OO)	
Downloadable activity pack by email - colouring sheets, mindfulness activities, etc (MDa)	Can be downloaded / printed when internet access (eg school) and then accessed without internet (MDa)	Doesn't engage socially but gives something to keep busy / monitor mood (MDa) Requires particular software to function properly (KS)	I'll highlight exercises from SPP that I think will work well online and send out - GU
Whatsapp	Phone, pc, tablet Can coordinate between work phone and computers (OO)	Need data/ wifi	Can this run without a (work) phone? (OO)
Facebook (posts, messages individ. and group messages, fb groups)	Keeps up normality NL	Not everybody uses it NL YP dont use FB (CH)	
Loud shouting	LOL. YESSSS YPs are all familiar and used to using this method (SC)	None CH Disagree - bad for your vocal chords. Need diaphragm support. (OO) Don't forget to drink water and keep vocal folds hydrated (MDa)	Vocal folds is a terrifying term (OO)
Other digital social spaces, eg adult groups by LGBT Foundation	At Connect we're using Discord to provide a digital social space and Twitch / Kast	Requires more moderation, clarity that it is	

(Connect, Mxer, Forge for trans/nb over 18yos) (MDa)	to stream party games (Jackbox) and watch Netflix (MDa)	not a TPT space (MDa)	
Zoom Another video calling platform	Can use on phone/ tablet/ PC. Doesn't require login, people can be invited via direct link or email added to invite (similar to GH)	Not currently explored by TPT or staff all familiar with,	Noting as alternative in case more accessible for YP than GH is. Functionality v similar so doesn't add anything special, just an alt platform.
Gaze - long distance movie watching (or similar websites)	Can watch films together! (OO) Have chat functions (OO) Kast is an alternative app (MDa)	Often malfunction (OO)	https://letsgaze.com/ I have done something similar when I couldn't sleep and felt a bit lonely - it was really helpful for feeling more connected so this might be good for YPs who want to stay connected for longer than the brief youth groups. (SC)
Google docs!	Lots of people can contribute (OO)	Confusing (OO) Focus on written word will alienate many yp (OO)	
Twitter		Not great for sustained convos (OO)	Can write a group poem ala Patricia Lockwood, where everyone tweets replies for suggestions of new lines!!!!! (OO)
Facebook / online game platform	Provides a space where talking isn't the main purpose and therefore might be more accessible for some young people with less privacy at home	Not everyone can engage on this. Finding a free gaming platform etc. Staff might not be skilled in using these platforms.	Alt suggestions for sessions e.g. todays session we are all going to play Zelda together or watch a movie on Facebook watch party.

Online gaming	Low level games, e.g., Words with Friends etc	Hard for coordinators to oversee/control what is going on (OO)	
	Good way to keep yp occupied and connected (OO)		
	Fun! (OO)	Low interactivity beyond gaming interface (typically) unless yp have lots of extra gear (OO)	
	Low effort for staff (OO)		
	High level games, e.g., online RPGs (role play games, etc)	If yp do have extra gear, this will 1) be unfair on those who don't (incl staff..), 2) risk yp having control of the interactions rather than staff (OO)	
	Many yp already do stuff like this (OO)		
		Some YP hate online RPG style gaming (OO)	
Discord	High speed and low data - useful for those with limited data/slow wifi. Voice only no video. LGYM YPs use it for their own online drop in space.	Most of us aren't familiar with it and limited ability to control who can talk when. YPs often very literate with this and could (if they wanted!) run rings round staff playing unhelpful music on the chat etc	
Telegram	Better encrypted than any others - can coordinate with		

	computers as well. Can send 'secret'/destroy messages (although that's risky for safeguarding) (OO)		
Spotify	making playlists together HP	YP can suggest on email or GH	
Contact via other adults e.g. teachers, social workers	Keep in touch with services to let them know to let yp know what's happening at the proud trust if they're not regularly online themselves (MRD)	Only works for contacts we already have and relies on them passing the info on. Also is indirect contact not direct.	
Live streaming and videos	Posting videos or live streaming staff - this could be a mindfulness session, voguing instructions or reading a chapter from a nice book. Not interactive but young people can tap in and see a familiar face and might enjoy the activity. (MRD)	Relies on yp having internet. Might be additional work for staff.	Would need coordinating with appropriate content, times, publicising, choosing right platform, etc
Tik Tok	Hugely popular with yp (OO) Good way to draw big crowds - perhaps from a centralised account (OO)	Indirect (OO) Staff unfamiliar with it (OO) Possible in-app safeguarding blocks to adult users being in touch with yp users (OO)	
Slack	Really smooth interface (OO) Can have lots of chats going at once (OO)	Sometimes you have to pay if you have over a certain amount of users on a channel (I	'Slack is essentially a chat room for your whole company, designed to replace email as your primary method of

	Can share docs, files, etc (OO)	think?) (OO) It's designed for offices and doesn't have visuals/voices as far as I'm aware so wouldn't be good for yp/people who struggle with typing/reading (OO)	communication and sharing. Its workspaces allow you to organize communications by channels for group discussions and allows for private messages to share information, files, and more all in one place.'

Live stream activity based session ideas

In the event of schools closing and more strict isolation measures being implemented for young people, we might find that they are feeling more isolated and unable to know how to structure their time. They will also have less access to real life activities, hobbies and exercise.

The Proud Trust could offer a regular evening/weekend programme of sessions to our young people in order to strengthen feelings of connection, support young people to structure their time and develop a routine, and provide access to activities and exercise.

- Sessions would not be interactive, but a live stream that young people can watch.
- Sessions would be programmed at set times so they know when to log in to watch them.
- Sessions would last no longer than 30mins.
- Sessions could be directive activities (such as breathing exercises or an art activity or vogue moves, where young people watch and try to copy at home), or they could be listening sessions (such as giving a talk on an interesting subject or a reading of a book eg alien nation!).
- These would be open to all our young people if they wished to watch.

METHOD:

1. What platform would work best for this?

Platform	Pros	Cons	Comments
Google Hangouts	We all know it (or will do!) and gives people the opportunity to respond if needed in the session (even though it will not be the same as youth groups, sometimes it can be good for response at the end e.g. to share an art piece they have all made).		
Instagram Live	Well established, lots of yp on it, anyone can access so we get more spread, responses are possible so there's interaction but only one person is on (OO)	Don't know if we can see who is accessing this; don't know how to moderate responses; can't see faces (even if people aren't speaking - we can still possibly see their faces on Google	

		Hangout) (OO)	
Facebook Live	As above?	As above?	Same as Instagram Live I think?
Zoom	Works in similar way to GH		Chloe knows about this
Pre-recorded sessions	Have them as resources for the future (OO - in a cynical move, this would be incredible for funding applications, etc, and really show us as ahead of the curve on digital youthwork) Can play multiple times (OO) Accessible for yp in different time zones (OO) Downloadable so yp can watch/play even when they don't have wifi/data in a particular space, i.e., if they can access wifi at a library but not at home they can still watch (OO) Can be replayed if comforting (OO) I like this idea also makes more accessible for staff to record them if they can be done in the day!! (CC)	Absolutely no interaction (OO) Technical challenges around recording (OO)	

2. What sessions would people be up for running?

Name	Session idea	Type of session (eg excersise, art, education, etc)	Is this a one off session or something that could be offered weekly?
HP and co	Mini art club: Zine making. Topics chosen or suggested beforehand. ½ hour to start zines together. Take photos to	Art and expression	Weekly planned activity

	share.		
	Drawing challenges: draw your best pride flag cat! Make a 3 word story and try to draw it.		
	Email or WhatsApp your pictures for me to celebrate and share.		
SCR	If school is cancelled - interesting lil talks on particular subjects? LGBT+ related. E.g. LGBT science, or LGBT philosophy etc. Fun and not boring as that is why they don't like school.	education	Weekly but would need people to run/plan each week
SCR	Mindfulness. Walkthrough meditation, open to all and inclusive of those with religious faiths	Mindfulness	Weekly
OO	Reading stories (queer stories, etc - classics, short stories, bla bla)	Education Entertainment	Weekly
OO	Education sessions on various topics (LGBPQ+ women's herstory/culture)	Social and political awareness Education	Fortnightly/weekly (with need for prep)
OO	Writing workshop Guided tasks on writing/prompts for writing short and long pieces	Creative	Fortnightly
OO and CC	Activism 'What is activism and how can we do it?'	Social and political awareness	One-offs

	talk/activities		
OO	Cooking sessions Easy/simple meals Basic nutritional advice Store cupboard meals Cheap meals	Life skills	Weekly
OO and CC	Theatre making workshop Make a storyboard of a plot Make tableaux using your body Make a tableau using items in your room Make a costume in your room Practice different acting exercises	Creative	This might sound bonkers but was just spitballing ideas with housemate (who is a theatremaker) about how he is going to deliver a theatre workshop online and I think there's more possibility here than there might initially seem
	Online safety!!!!! Think this could be a good one to regularly revisit	Life skills	Regular/pre-recorded
CC	Dance / zumba inspired movement fitness session	Exercise / fun / dancing	Once a week

| CC | Circuits fitness | Exercise / strength | Once a week |
| CC and DP | Vogue and runway basics | Dance | One off or a few themed sessions |

3. Step three will be timetabelling this but I suggest we hold off on this until it's agreed if it will go ahead and then perhaps the scheduling happens over Google Hangouts

Other Digital ideas

Great portal here to use: https://padlet.com/dan_moxon1/codesign

And

https://www.digitalyouthwork.eu/training-materials/