

15 Tips to Help Stay Connected During COVID-19

For Middle and High School Students

Beyond Differences has been innovating programs for children, parents, and teachers on how to create connections, acceptance, and inclusion for over ten years. With schools closed, it's more important than ever that we adults model for our children how to create connections by practicing these strategies ourselves and encouraging them to do the same!

So, take a deep breath and maybe try one or two of our 15 Tips to Help Stay Connected – no matter what your age, we promise you they will work. Some of these are simple and obvious – but the key to building community and ending social isolation starts with a first step.

1. Text a friend or relative and ask how they're doing.
2. Like and comment on a friend's post, leave kind messages, acknowledge them, let them know they are seen and appreciated, especially someone who doesn't always get a lot of attention online.
3. Video chat with your friends and relatives.
4. Send a friendly snap or group text to your classmates and friends.
5. Reach out to an old friend you haven't spoken to in a while and just say "hi."
6. Use the [No One Eats Alone® Conversation Cards](#) to create a fun group chat activity or post online and invite others to join in using the hashtag **#IsolatedNotAlone**.
7. Set up a webinar or FaceTime or Zoom and host a virtual party or study group.
8. It's your time to shine! Share your talents. Create a video or go live on social media and teach a new skill.
9. Create a virtual book club using a chat group or schedule a webinar.
10. Set up a phone or text tree and have each person check on three people every day.
11. Play online games with others. Encourage students to invite a new friend to play the game, maybe someone from school who they haven't yet had the chance to get to know very well.
12. Come together on Zoom or FaceTime to play music together.
13. Post something positive on social media that might bring hope to others during this stressful time.
14. Post a photo on Instagram or through a group text and invite your friends to write a story together. Select the type of story (fairytale, historical, fiction). Write an introduction sentence to prompt creativity then tag a friend. Each person gets to add one line to the story and tag another friend. For students, the goal is to include everyone in your class.
15. [Take the Pledge to Be Kind Online](#). Complete the statement: "I pledge to **#BeKindOnline** by..." and share on social media.



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