Instagram, TikTok & Beyond: Social Media for Peer2Peer Engagement

Tuesday, April 21, 2020
Presenters

**Erin Weierbach** – Parent Education & Advocacy Leadership (PEAL) Center  
**Ali Hrasok** - Lehigh Carbon Community College  
**David Quilleon** - Best Buddies International  
**Samantha Cook** - Best Buddies International  
**Alphonso Murphy** - Best Buddies International  
**Michael Stoehr** – NTACT
These Continue to Be Challenging Times

Be mindful of self-care including:

- Make time for yourself
- Prioritize healthy choices
- Be realistic
- Set boundaries
- Reconnect with things you enjoy

Articles that help put things into perspective:

- Working at Home During COVID-10: How it's Different
- Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure
Outline of Today’s Webinar

- Welcome and Introductions
- Realities of the Impact of COVID-19 on Youth & Young Adults – Erin Weierbach
- Virtual Social Experiences: Peer to Peer Engagement – Ali Hrasok
- Youth/Young Adult Engagement Resources – Michael Stoehr
- Program Spotlight: Best Buddies International – David Quilleon, Samantha Cook, Alphonso Murphy
- Continuing Today’s Discussion and Follow Up
Realities of the Impact of COVID-19 on Youth & Young Adults

Erin Weierbach
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Reminders: The PowerPoint and all resources are available at: https://www.transitionta.org/events-details
Use Zoom Q & A Feature for Content Questions and to Share Any Resource Suggestions
Use Zoom Chat Feature for Technology Difficulty
Erin Weierbach
You are NOT alone!
What are young people saying?

“Adults are taking over my personal space and time!”
What can we do?

• Respect their privacy
• Provide just enough support
• Allow time to socialize independently
• Discuss various ways to participate
What are young people saying?

“I’m not used to seeing my teacher in my kitchen!”
What can we do?

• Separate spaces for school work and friends
• Set up stations
• Schedule designated times for school and friends (Free time is free time!)
What are young people saying?

“I went from having certain “screen time” to being on my computer all the time.”
What can we do?

- Give them a break! (and while you’re at it, take one yourself!)
- Adjust lighting, atmosphere, screen distance
- Stretch, change position, get moving
- Stay away from screens during down time
What are young people saying?

“When will this all be over?
It’s hard to focus on anything else.”
What can we do?

- Talk about it
- Use social stories, schedules and calendars
- Focus on concrete things and what you can control
- Do not make false promises
- Find things to look forward to
- Allow control and decision-making whenever possible
Most importantly...

Remember to breathe!
Virtual Social Experiences: Peer to Peer Engagement
Ali Hrasok
ahrasok@lccc.edu

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A Virtual Social Experience

Ali Hrasok, MA
SEED Program Redesign Coordinator
Career/Academic Coach
A bit about SEED

Inclusive Higher Ed Program at LCCC
- Partnership with LVCIL
- Receive person-centered planning and coaching

Our population
- 21 students
- Some matriculating, some career track
- Cross-disability
- Ages ranging from 18-34
Recognize each component as a social contact

- Add additional coaching meetings or check ins
- Maintain schedules as much as possible
- Transition Resource Staff tutoring to virtual format
- Offer comparable social interactions
- Confirm regular meetings with their Learning Specialist
What being social looks like for us now

• Peer Facilitator was maintained
  • Individual meetings
  • App-based platform for communication
• SEED Social Hour with Jackbox games
Open a browser on your computer
Log into your Twitch account
Invite people to virtual meeting and share your screen
Join jackbox.tv on your computer or smartphone

Enter 4-letter room code and name

Select “Play” and wait for the game to start!
The Process of Change

1) Forget the idea “I can’t do ____ online!”

2) What are the goals of what you usually do?

3) How can we accomplish those goals virtually?

4) What do our youth enjoy?
Suspending Doubts and Fears

Having to socially distance ourselves is scary.

Being online is different.

It feels like it happening at lightning speed.

However

Our youth have grown up in a more digital age than any of us.

Technology has gotten vastly better.

Sometimes not being productive is okay.

We can re-create formats to accomplish our goals.
What are your social goals?

What is it that you look to accomplish typically?

For us:
- Engage in age-appropriate social experiences
- Access college experiences
- Grow their interpersonal skills
- Take a break and enjoy themselves
What other ways accomplish these goals?

- **Group vs individual**
- **Large vs small**
- **Computer-Based vs Non-Computer-Based (activity and report)**
- **Time of Day**
- **Level of Support Needed**
- **Level of Support Available**
- **Activity:**
  - Music, Discussion, TV/Movie, Video Games, Challenges, etc
- **Platforms:**
  - Facebook, Zoom, Google Meets, Instagram, Streaming, etc
Stick to Best Practices

Person Centered Planning

Universal Design for Learning
- Offer different options
- Be flexible in what participation looks like
Youth/Young Adult Engagement Resources
Michael Stoehr
mstoehr@uncc.edu

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Teen & Young Adult Resources

• Managing Social Distancing So It Doesn't Suck – (Participant Handout)

• Ideas to Act for the Common Good - Youth Service America

• The People's Supper - A Story-Sharing and Listening Guidebook

• Supporting Teenagers & Young Adults During the Coronavirus - Child Mind Inst.

• Checklist - Building Developmental Relationships During COVID-19 for Teens
While the COVID-19 response will need to address priorities and needs of adolescents and youth, they should not only be considered as affected populations but also as highly effective partners in the COVID-19 efforts. They can meaningfully engage to be educators and change agents among their peers and in their communities. This brief provides practical tips regarding engaging adolescents and youth as part of the COVID-19 preparedness and response.

Additional National and State/local Webinars, Events, and Resources

Youth Move National (scroll to “latest news” section)

MAEC - A Conversation with Students - How COVID-19 is Affecting Their Ed. Experience

Self-Advocates United as One - Events
Program Spotlight: Best Buddies International

David Quilleon - Davidquilleon@bestbuddies.org
Samantha Cook - cooksamanthan@gmail.com
Alphonso Murphy - alphonsocm Murphy@yahoo.com

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Use Zoom Q & A Feature for Content Questions and to Share Any Resource Suggestions
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DAVID QUILLEON
Senior Vice President, Global Mission, State Development & Operations

ALPHONSO MURPHY
Vice Chair, Best Buddies Young Leaders Council (YLC)

SAMANTHA COOK
Board Member, Best Buddies International
Best Buddies is a global non-profit dedicated to inclusion for people with intellectual and developmental disabilities.

Our Mission:
Peer to Peer Connections

MAINTAIN CONNECTIONS
Strategies for ensuring connections continue during social distancing.

UTILIZE NEW & EXISTING TOOLS
Accessibility to communication tools and technology.
E-BUDDIES Promotes online social inclusion for people with intellectual and developmental disabilities through the exchange of e-mails.
Participants are matched based on similar interests, which are collected and evaluated during the sign-up process.

Matches are made specifically to partner people who are close in age.

Individuals are matched with a person who does not live in their geographical location.
Virtual Program Engagement

**ONLINE**
Through Zoom, Google Hangouts, & Social Media

**MESSAGING**
Text messaging and video sharing

**FRIENDSHIPS**
Peer to Peer locally and nationwide
Best Buddies
Young Leaders Council

A DIVERSE GROUP OF YOUNG LEADERS WHO ARE BRIDGING THE GAP BETWEEN THE STUDENT PERSPECTIVE AND STAFF EXPERIENCE THROUGH TARGETED OUTREACH, LEADERSHIP DEVELOPMENT AND COLLABORATION.
CHECK IN
Find ways to check-in with your friends and family - even if it’s only for five minutes.

PRIORITIZE FRIENDS
Make a point to communicate frequently with those in your life. Remind them they are important.

GET CREATIVE
Recognize that this social distancing may call for creative measures - look for new ways to stay connected.
Facetime
Call your buddy and catch up!

Play Games
iMessage games, online card games, or an app — connect with your buddy!

Just Text
Check-in with your buddy to see how they're doing!

Make Plans
Think of fun activities for your buddy pair to do after this "BREAK!"
Virtual Connections & Learning Opportunities
Activities with Friends

ZUMBA® Squad

Virtual Hangout

Join us for our weekly Virtual Hangout on Facebook Live!

- Fun & accessible exercises
- Decreased stress
- Improved mood & confidence

Tune in at:

FB.COM/BESTBUDDIESAZ

Thursday, April 9 @ 5pm

Chapter Events

With special guest Dana Richardson
INCLUSION LIVES HERE

How can we take the lessons we learn about communication and engagement during this time and remember when social distancing has passed?
Continue Today’s Discussion and Follow Up
Online Discussion and Share Resources

Instagram, Snapchat, TikTok & Beyond: Social Media for Peer2Peer Engagement

How are teenagers and young adults connecting and supporting one another during the COVID-19 crisis in our country? This session presented by youth engagement and leadership professionals will explore effective practices and resources that can promote and enhance communication and engagement of students with disabilities. Sponsored by NTACT. Live captioning provided.

LIVE EVENT: April 21, 2020 12:1 ET REGISTER HERE
ONLINE CHAT: ONGOING!

Join the Discussion!
What questions, ideas, resources or strategies do you have for supporting students with disabilities to use social media for connecting with peers during social distancing?

Leave a Reply
POWERPOINT, RECORDINGS, and CREDITS

• This webinar is being recorded.

• The PowerPoint can be found at www.transitionTA.org – under “Events”

• The recording of today’s webinar will be available at www.transitionTA.org by Monday, April 27, 2020

• A captioned recording will be available at www.transitionTA.org by Friday, May 1, 2020

• CRC credits will be provided through WINTAC following this webinar by completing the post-event evaluation process. All participants will receive a "Certificate of Attendance" from NTACT following the webinar.
Upcoming Events

WINTAC Webinar – Pre-ETS – Thirsty Thursday Think Tank: Creative ways states are delivering Pre-ETS in a pandemic
Register to Join our Zoom Meeting: https://zoom.us/meeting/register/tJEtduqsrTIoH9HXO2uP2XZU-68Bz3yjXQtH
DATE: Thursday, April 23, 2020
TIME: 2 p.m. (ET)
The purpose of this virtual discussion is to highlight and share the creative ways State VR agencies are responding to the COVID 19 Crisis and collaborating with their partners to deliver pre-employment transition services.

NTACT Webinar: Community of Practice for Indicator 14
Register for the meeting in advance
DATE: Friday, May 1, 2020
TIME: 2 p.m. (ET)
The purpose of this webinar is for state’s to share adjustments and strategies related to Ind. 14 in light of COVID 19.
YOUR FEEDBACK

Take 5 minutes to tell us what you think.....

Watch for a follow-up email tomorrow

With this [link to Survey]

THANK YOU
for joining us!

STAY Healthy
Websites:

www.transitionta.org
www.wintac.org

Contact us:
ntactmail@uncc.edu
http://www.wintac.org/request-ta
Find us on:

#transitionta
Sign up for our listserv

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