The TIC principles are essential elements of an afterschool program hoping to build resilience and mitigate some of the impacts of early childhood trauma in youth. In our new world of virtual programming, how do we continue to implement those practices which best support youth?

- Psychological safety is important during this time of uncertainty. By establishing routines with clear communication and expectations, youth are able to cultivate a sense of normalcy in the new routine.
- Don’t assume kids understand the situation – take time to explain changes and allow them to voice their feelings.
- Ask open-ended questions, “How are you feeling about learning from home?”
- Focus on relationship and inclusivity – kids need to feel connected
- Create relational rituals such as highs and lows as part of a daily check-in.
- Perceived availability of support is as important as actual proximity. (If kids feel like you are there for them – it is okay if the interactions aren’t able to be in person.)
- Build connectedness through virtual group activities with audio and video so kids can see and hear each other. (ie Virtual scavenger hunt)
- Utilize shared decision-making and flexibility with activity planning; rigidity and exclusive use of adult directed activities can increase stress and anxiety.
- When adversity feels like a shared experience – we are better able to cope.

For youth who have a history of trauma or family stress:
- Reach out to parents and caregivers to offer support.
- Have individual calls with youth to check on their safety and well-being.

For staff:
- Practice self-care.
- Utilize social supports when you need them.
- Create your own consistent daily routine. (Get up at the same time, shower and get ready, eat and go to bed at consistent times.)
- Remember we are predictors of how kids will engage with us and each other – be a good model by taking care of yourself and sharing your strategies with the kids.