

KEEPING PRE-TEENS CONNECTED THROUGH ISOLATION

THE GO GIRLS PROGRAM IS NOW OFFERED... ONLINE!

The same program already offered at schools, *Go Girls! Healthy Bodies Healthy Minds*, a group mentoring program that promotes physical activity, balanced eating and self-confidence/self-compassion is now offered online!



How can it be done online?

Fortunately, we live in a time where almost anything is possible using modern technology!

Instead of meeting the mentors in person, they will use online text chat/video chat to stay connected as a group of 2-3 mentors and 6-8 girls during the week using the Zoom conferencing application. Zoom conferencing software has been approved as completely secure by BC Ministry of Education, free for all users and very easy to use.



What will they be doing online?

Has your teen been feeling isolated, alone, stressed, etc?

The online groups will be focusing on reducing stress and anxiety around COVID-19, connecting with other girls experiencing similar feelings, spreading kindness in our community, and expressing gratitude to others.

ALL CONVERSATIONS WILL BE MONITORED AND KEPT ON TOPIC BY STAFF



ONLINE CONSENT FORMS

- Parents/Guardians can now give informed consent for our programs **online** here: <https://www.bigsisters.bc.ca/wp-content/uploads/2020/05/Go-Girls-online-Permission-Form.pdf>



TECHNOLOGY REQUIREMENT

- In order to take part in Go Girls Online, the student participant needs access to a private (non-shared) **smartphone, tablet, or computer that can download the Zoom app, and has video/audio capabilities.**
- The participant will also need reliable internet access available at their home.



THE MENTORS: SCREENED, TRAINED, & TRUSTWORTHY

- Our online mentors are the same as our in-school program mentors approved by the schools. They have been fully screened by Big Brothers Big Sisters including: Criminal Record Check, 90 minute in-person interview, 3 references and background vulnerable sector checks.
- The mentors have been trained in online security, youth engagement and youth mental health, and will be checking in regularly with the coordinator in charge of the virtual program.

QUESTIONS OR CONCERNS? WE ARE HERE TO LISTEN!

Please contact our Go Girl Program Coordinator Meena at maujla@bigsisters.bc.ca