



Implementing T.R.A.I.L. Virtually

T.R.A.I.L. programming can and should be adapted culturally and regionally, depending on the unique needs of youth in your community. T.R.A.I.L. is also easily adapted given the rapidly changing circumstances of the COVID-19 health emergency, and can be implemented completely remotely and virtually! This resource is meant to be a starting point for Clubs seeking to implement T.R.A.I.L. programming virtually.

PLATFORMS AND HOW TO USE THEM

There are a few tried and true platforms that many Boys & Girls Clubs have already been using for programming. However, please keep in mind that certain safety protocols should be followed when engaging with youth on these platforms, including no one-on-one interactions.

- **Zoom** – This platform works well if youth have access to devices with cameras in order to video chat in real time. However, Club staff should note that there is a time limit for sessions when using the free version. Click on the links below for helpful information on how to use Zoom.
 - [How to create a Zoom account](#)
 - [How to host a Zoom meeting](#)
 - [How to use Zoom learning features](#)
- **Facebook** – This platform can be used to post videos and other content that youth can watch or interact with even if they do not have access to a camera, or if meetings in real time are not possible.
 - To do this, you can create a private Facebook group and invite youth or their families to contribute or view pre-recorded content, activities, and more.
 - [How to make a Facebook group](#)
 - [How to make the group private and invite-only](#)



- **Google Meet** – This platform is free and does not have a time limit, which makes it a great option, but it does not have as many features as Zoom.
 - [How to make a Gmail account](#)
 - [How to host a Google Meeting](#)

FULFILLING T.R.A.I.L. REQUIREMENTS REMOTELY

It can be a challenge to fulfill requirements for a community education project or community health partnership remotely, on top of recruiting enough youth and volunteers for the program. However, advertising and publicizing your T.R.A.I.L. program online can make a huge difference!

- Post information about T.R.A.I.L. on your Club's Facebook and Instagram accounts (work with the participants for ideas on what they feel would be important to share)
- Ask local schools to make information about your Club and T.R.A.I.L. available to parents online
- Create a special page on your Club's website devoted to signing up for T.R.A.I.L. and direct parents to that link
- FirstPic, Inc. can assist with creating a Google form to collect pre- and post-tests from participants – or consider printing the questions and distributing them to the youth
- When brainstorming which platform to use for virtual implementation, think about the ease of tracking who is participating
- When brainstorming for your community education project, think about creating a resource that can be posted online and shared widely
- Consider collaborating with your community health partner using online meetings, lessons, and videos

BEST PRACTICES POLICIES FOR ENGAGING WITH YOUTH VIRTUALLY

- Ensure that interactions with youth are observable and interruptible. If there is communication with a youth online, be sure to CC another adult
- Try not to communicate directly with youth on your personal accounts if possible-- use accounts created for the Club that multiple people have access to
- Do not post photos of youth on personal accounts. If you do post photos of youth, ensure that they are always on an account associated with the Club **and** the Club has written photo permissions in place for the youth
- If possible, consider creating a plan for regular phone check-ins with parents and caretakers of T.R.A.I.L. program participants