

**UNOFFICIAL
YOUTH**



**SURVIVAL
GUIDE**

**STAYING
CONNECTED**

NEXT GEN MEN

Despite the myth of guys being independent, meaningful friendships are at the centre of most boys' lives. Being a teenager without being able to hang out with your friends is like eating toast without Nutella.

Technically it's doable...but not really.

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VALUE FACE TIME

As good as social media is for keeping in touch from a distance, messaging isn't the same as talking. Make time for face-to-face conversations. You know, FaceTime. That's probably why they called it that.

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***"I MISS HIM SO MUCH. OH, I
CRY MYSELF TO SLEEP."
- DWIGHT SCHRUTE***

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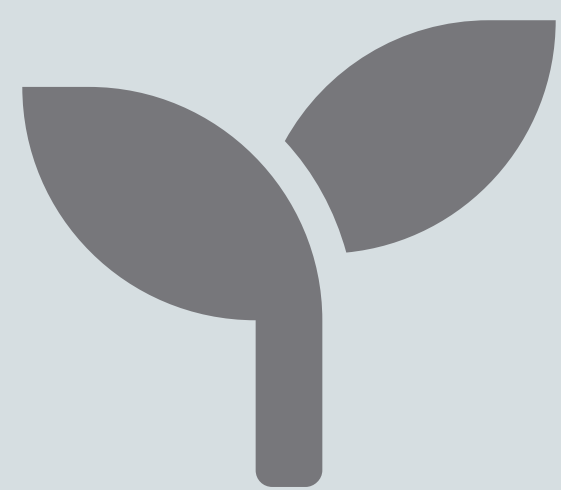
**DO SOMETHING
NOSTALGIC**

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Odds are there are still hints of your childhood around your house. Take some time to relive some of your favourite memories with your friends.

- 👉 Mess around on Minecraft
- 👉 Video chat from the treehouse
- 👉 Go through old photos together
- 👉 Break out the LEGO

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**COLLABORATE
ON A PROJECT**

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There are still things you do together without being physically close. Working together will probably help you feel less disconnected. Plus you might go viral.

- 👍 Make something on TikTok
- 👍 Start planting a garden
- 👍 Chalk your street
- 👍 Plan a future trip

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CHECK ON THEIR MENTAL HEALTH

Your relationships are more important than ever in helping each other take care of your mental health and supporting your friends. Be vulnerable. Be caring.

Keep lines of communication on how you're both actually doing.

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SOME OF OUR FRIENDS

- 👉 @jackdotorg for mental health info
(check out their resource bethere.org)
- 👉 @abadsbjeet for consent info
- 👉 @getrealmovement for LGBTQ+ info

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**TOGETHER >
BEING APART**

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**NEXT
GEN
MEN**

