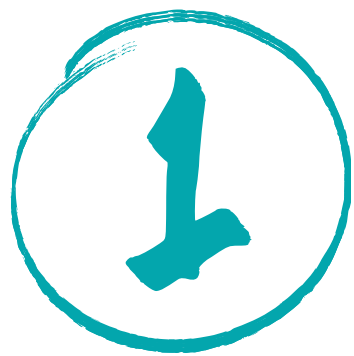


SUPPORT FOR NAVIGATING PHYSICAL DISTANCING AND ISOLATION: A RESOURCE FOR MEN FROM SATF'S MEN'S ENGAGEMENT COMMITTEE

Physical distancing, stay-at-home orders, and all things COVID-19 have substantially shifted all of our circumstances. For many, this means we are taking on new or shifting roles in the home. This may include: being unable to see kids and other family members who are not sheltering in our homes, trying to work from our homes/houses, being required to continue working outside the home (and increasing risk for ourselves and the people we live with). The challenges of this time are compounded by gender stereotypes around bread-winning, child-rearing, family expectations, and other factors. The members of the Men's Engagement Committee (MEC) recognize that these new circumstances are likely stressful, confusing, and tense which may lead to short and long term impacts like anger, depression, conflict, etc.

At a time when rates of violence and abuse are increasing in the home, it is important for us to explore prevention strategies that help address these challenges. Cultivating healthy relationships is a valuable antidote to and prevention strategy for stress and violence. Individuals and families need support. Further, it is important that we recognize new circumstances come with opportunities to learn and reflect, to have conversations in novel ways, to celebrate together, to navigate health differently, and to engage in life-affirming change. This document includes just some ideas for how we can work to prevent violence and abuse now and always, as men, fathers, partners, boys, sons, friends, colleagues, leaders, and humans.



Opportunities for Appreciation

- Celebrate the opportunity to be in new roles at home, including sharing both the work and the benefits of being with your live-in partner[s], and taking on new tasks with children in your life.
- Celebrate slowing down and being available to the children in your life, either in person or via phone or virtually. Apps like **Snapchat** let us share silly pictures and play games, Apps like **WhatsApp** and **FaceTime** let us video call people, and Facebook has their **Messenger Kids** function/app to support kids to communicate in safe and fun ways.
- Look at simple tasks anew, such as eating for health and wholeness in order to survive and more.



OPPORTUNITIES FOR CONNECTION

- Share with people how men are connecting with each other during this time. Use hashtags or share stories (verbally or in writing) on social media, etc.
- Record yourself reading/telling a bedtime story, either on video or just audio, and share it with children, friends, and/or family in your life.
- Think of someone who has had positive impacts on you that you have lost touch with. If possible, reach out to reconnect and share thanks for their influence.
- Use resources like **Netflix party** to coordinate with family, groups of friends [gender-specific or open], or for children in your life who are physically distant.
- Invite folks to have conversations with each other, ask questions, call people, use programs like **Zoom** or **House Party** to bring people together virtually.
- Share art projects, something you've written or something you've read, a service activity, etc. using social media like **Instagram**.



Opportunities to Reflect and Learn

- Take this time to find things out about ourselves and our communities.
- Participate in an online challenge about accountability, violence/abuse, mental health, etc. - one to check out: **#30daysofSAAM Instagram Challenge**.
- Explore social norms and emotional intelligence, consider what our expectations are at home - and how the current circumstances invite change? What were some of the earliest experiences that shaped your definition of masculinity? (**Ashanti Branch: The Masks We All Wear**)



OPPORTUNITIES FOR ADVOCACY AND LEADERSHIP

- Speak out about/for justice during this time - how can you organize/contribute to letter writing campaigns, use social media to organize people around messages of social justice, health and safety for all, equity, etc. How can you connect with local leadership if they're limiting access to places of play, sport, and community due to COVID-19 - to help youth and others in our communities to stay engaged and healthy?
- If you're in a leadership role and asking folks to work during physical distancing requirements (whether outside their homes or at home) how are you adapting your expectations to better support others mental health, for families during times of stress, to center people?
- Provide support for immigrant workers being cut - how can you expand your world rather than contract it right now?
[A Nobel prizewinning campaign against landmines was started with one person in her home - where might you express your passion for a better world?]



Opportunities for Creative Outlets and Activities

- Make something - collaborative art - create collages, virtual quilts, and other artwork with friends. Make video collages about what it looks like to positively contribute to family life and to your community during this time of collective trauma.
- Write collaborative stories using email or video messaging apps like **Marco Polo**, where you and your friends, family, children in your life, etc. can all contribute to a collective/shared story. Read/Write a play via Zoom or other platform.
- Dance, participate in **TikTok** challenges - think about and discuss how these activities can make a difference - how they can bring people together. Connect with friends to share the positive things that folks are experiencing right now.
- Create a personal, or collaborative, time capsule to open next year, or a journal, to remember this historic time



OPPORTUNITIES TO ACCESS SUPPORT FOR YOU AND OTHER PEOPLE IN YOUR LIFE

- **Lifeline Chat** from the National Suicide Prevention Lifeline, connects individuals with counselors for emotional support and other services via web chat (or call: 800-273-TALK)
- **Oregon Mental Health Call Lines by County** (including Suicide & Crisis Hotlines)
- **Domestic and Sexual Violence Advocacy Resources** by County in Oregon and the National Domestic Violence Hotline - 24/7, confidential and free: (800) 799-7233 and **through chat** or the National Sexual Assault Hotline - 24/7, confidential and free: (800) 656-HOPE and through **chat**.
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 5am-8pm PT, confidential, and specifically for Native communities: (844) 762-8483
- The **Trans LifeLine** for peer support for trans folks 7am-1am PT: (877) 565-8860 and 24/7 online. This hotline is staffed exclusively by trans operators is the only crisis line with a policy against non-consensual active rescue.
- **The Deaf Hotline** is available 24/7 through video phone (1-855-812-1001), email and chat for Deaf, DeafBlind, DeafDisabled survivors.
- **National Parent Helpline** Monday -Friday 10 am-7am PT, emotional support and advocacy for parents: (855) 427-2736