This year the National Outreach Team project is *Coping with COVID*. Our team has chosen *Stress Relief, Online Etiquette, and Online Safety* as the areas of focus for the 2020-2021 school year. These three areas all have the goal of helping everyone out through the stressful and difficult times we are dealing with during this COVID-19 Pandemic.

Each one of our areas of focus will have project ideas and smaller topics you can focus on that relate to the main area of focus. This information can be found in the National Outreach google drive link below.

- **Stress Relief**
  - Dealing with the current COVID-19 Pandemic can be very stressful. This main area of focus includes some simple and fun ways to help reduce some of this stress.

- **Online Etiquette**
  - The COVID-19 Pandemic forced many schools and students to learn online. This was a very challenging task for many people, but an even bigger challenge was knowing how to act online.

- **Online Safety**
  - Along with having good etiquette it is also important to stay safe online. Since teenagers spend an average of one-quarter of the day looking at screens, it is important to know the dangers of being online and how to protect yourself.

Your chapter may do as many projects relating to these topics as you want. We will provide resources/activities relating to each of these topics as well.

To submit your projects, you will have to go to the google form that is accessible from the SD FCCLA website and the link below. In the google form, you will have to submit your chapter name, a brief description of your project, a brief planning process of your project, and upload 3 pictures of your project. Submit a separate form for each project you complete.

**All projects must be submitted by March 31, 2021.**

**Awards**
The awards will be based on the amount of projects completed.

- **Gold Superior** - Completed 4 or more projects (at least one project from each category)
- **Gold** - Completed 3 projects (from any category)
- **Silver** - Completed 2 projects (from any category)
- **Bronze** - Completed 1 project (from any category)

Link for google form: Project Submission
[https://docs.google.com/forms/d/e/1FAIpQLSenmiq-eFVPzUc8RCPlqifSuUBsk55b-VTCv1gHy2vF-k6_kA/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSenmiq-eFVPzUc8RCPlqifSuUBsk55b-VTCv1gHy2vF-k6_kA/viewform?usp=sf_link)

Link for google drive: Project Information
[https://drive.google.com/drive/folders/161wLzat-swRsNOW47loFxEjBxbgiBRfC?usp=sharing](https://drive.google.com/drive/folders/161wLzat-swRsNOW47loFxEjBxbgiBRfC?usp=sharing)