**The Jam Project during COVID 19**

The Jam Project is a teenage - buddy program matching participants aged 14-16 years with a female 'buddy' aged 21-28, with the goal of promoting the empowerment of girls, while helping to build their sense of self-worth, self-belief and autonomy. This is achieved through secure and reliable fortnightly catch ups, between the buddy and participant for up to a period of a year. Together with group sessions, the participants and buddies come together and are involved in activities that enhance their mindset and promote their curiosity, resilience and autonomy.

Due to COVID-19, NCJWA Vic took steps to adapt the Jam Project in this difficult time. Our priority is to maintain our objectives and values through these adaptations. The participants and their buddies now catch up on phone or FaceTime and continue to report to staff weekly following these catch ups. The program has also offered additional activities for buddies and participants via Zoom while maintaining the monthly group and professional sessions (also via Zoom). Recently we hosted Jordana Borensztajn to discuss the art of communication. Jordana showed the participants how humility, gestures, storytelling, and being kind to themselves can make them better communicators online, as skill especially important in these days.

We have introduced a monthly newsletter for the Jam Family (girls, buddies and parents) and have also opened it up to the wider community and supporters, in order for more individuals to see the benefits of the Jam Project. This newsletter draws on current themes and opportunities to complete fun activities to help sustain the relationship between participants and buddies whilst face to face meet ups have been challenging, during this unsettling time.