

# HOW TO RAVEE\* IN A PANDEMIC!

## A GUIDE TO NAVIGATING DIFFICULT CONVERSATIONS WITH FRIENDS AND FAMILY

\*pronounced rave, this is a conversation that is  
Reversible, Aware, Voluntary, Excited and Exact



Brought to you by:





In many ways, the turn of the new year is a symbolic moment. Being in this pandemic for almost a year doesn't mean it gets any easier or that we get used to these new ways of learning and socializing.

### The pandemic fatigue is real!

Oftentimes it's not putting a mask on at the grocery store, but the decisions around social activities that are the most challenging.

Many of us are living with family, friends or even new roommates. It can be tiring or uncomfortable to challenge your peers when you don't see eye-to-eye on COVID matters.

Our very real need and often intense desire for in-person social interaction present challenging situations for us all.

You may have found yourself distancing yourself from some of your friends due to having different perspectives. Navigating different opinions about COVID precautions can make even our closest relationships feel unsafe, awkward and challenging.

## Do you want to hang out (in real life)?

Yes, these are strange times and no, we're still not used to it (at least not all the time). We don't have set social standards or norms for how to socialize during a pandemic. Standards, expectations and levels of comfort and risk will vary person to person. That's why it is important to obtain mutual social consent for our interactions— even with our close friends and family.

At the end of the day, you want everyone involved to feel excited, comfortable and safe about hanging out.

While the best way to keep yourself, your friends and loved ones safe and prevent the spread of COVID is to restrict socializing to those who you live with, we also recognize that there are situations where you may have to navigate hanging out or interacting with people outside of your household. In these situations, it's important to keep RAVEE (pronounced rave) in mind.

RAVEE is a guide for navigating conversations and social interactions when expectations may not always be clear.

Keep reading to learn how to **RAVEE**



# RAVEE



## Reversible

You can change your mind about the safety of an interaction at any point during that interaction; just because you said yes to masks off five minutes ago doesn't mean you can't put it back on now!



## Aware

When deciding how to interact with someone, aim to be aware of the safety risks involved with certain activities. If you're unsure, look it up!



## Voluntary

Any decision you make surrounding COVID should feel free from any pressure, manipulation, or influence of alcohol or other substances.



## Excited

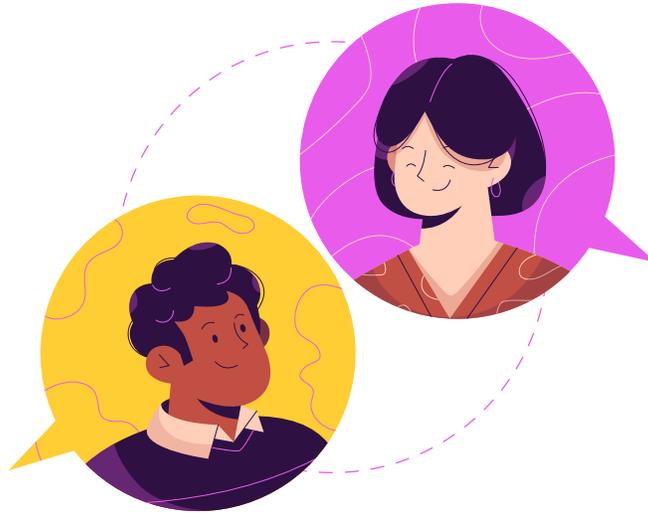
Only you can decide the level of risk you're willing to take. Carry out actions (like taking off your mask or not social distancing) because you want to and feel comfortable and safe doing so, not because you feel pressured by others.



## Exact

Saying yes to interacting with someone in-person doesn't necessarily mean that COVID precautions should be ignored (i.e. wearing masks/social distancing).

# Reversible



Don't feel bad changing plans with friends if you are no longer comfortable with the current situation. Maybe you were comfortable when you made the plans but have since changed your mind. Communicate this with your friends - they will appreciate you trying to keep them safe!

Try to remember that at the end of the day, your friend is doing what they think is best to keep you, themselves and their loved ones safe.

# Aware

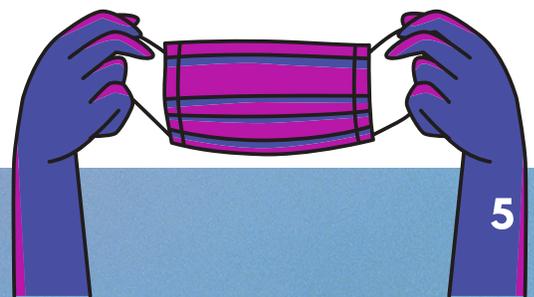


Make sure you are aware of the latest recommendations and restrictions in your area:

- Look here for the latest orders and restrictions in LA:
  - [LA COVID orders](#)
  - [LA County Department of Public Health COVID information](#)
- Check out the current [COVID-19 risk level here](#)
- Visit <https://www.uclahealth.org/coronavirus> for trusted and verified resources and information about COVID

## Tips to keep in mind when hanging out with friends:

- Hang out outside, keep your mask on, and stay 6 or more feet apart. It's a good idea to stay even more than 6 feet apart, especially during mask-off activities like eating.
- If you plan to eat with your friends, choose foods that you can eat without sharing - have everyone bring their own food or order separate meals.
- Some activities that are good for social distancing: going for a walk around the neighborhood, hiking, bike-riding, socially-distanced outdoor picnic, walking around open, uncrowded areas (like a beach, park, or an outdoor arena).



# Voluntary



When making plans, avoid plans that involve alcohol and other substances as it can make it much more difficult to follow the precautions like wearing a mask and social distancing.

When making plans, do your best to make the other person comfortable with whatever decision they may make:

Just let me know whatever you are comfortable with. If not - we can find a time to FaceTime or we can try for later on :)

If you're not comfortable with it, we can also do something else like go for a hike or walk.

No pressure at all - I'm also down to go for a mask-on walk!



# Excited



We know how exciting it can be to see someone for the first time in real life after a long time. It can feel unnatural to fight the urge to run up to someone and hug them. Remember that your actions may make the other person uncomfortable.

Do your best to enjoy each other's company while also making sure everyone is comfortable and practicing agreed upon precautions. This will make for a more positive experience for everyone involved.

Feel excited about taking charge of your health and safety. It can be empowering to have a sense of agency when it comes to putting your safety and the safety of your loved ones first. We should feel excited to stay healthy and take these precautions— not ashamed, stigmatized, or looked down upon.



**Look out for non-verbal cues!** If someone is keeping their mask on, it may be a good sign that they are more comfortable hanging out mask-on. Does the other person take a step back if you take a step forward? We know it oftentimes feels unnatural, but do your best to make a conscious effort to maintain social distance.

# Exact



Make sure that everyone is exactly on the same page about the potential risks, the plans, and the boundaries set. A discussion about this before hanging out can be beneficial in order for all parties to understand the exact situation and be prepared. A quick conversation beforehand can prevent those awkward moments when everyone is unsure of how close to get to each other or whether or not to keep their mask on the whole time.

Just want to make sure we're on the same page - masks on and/or social distancing during tomorrow's hike? I'm fine with one or the other!

Can't wait to see you tomorrow! Just want to make sure we're all gonna mask up tomorrow?



Remember that your actions can make a huge difference. Taking your mask off when other people may not be comfortable with it can really change the tone of the social situation. Do your part to stick with the agreed upon precautions!

# Additional tips

If you have personally chosen not to wear a mask or social distance, there are a few things you can do to reduce your risk when socializing with those outside of your household:

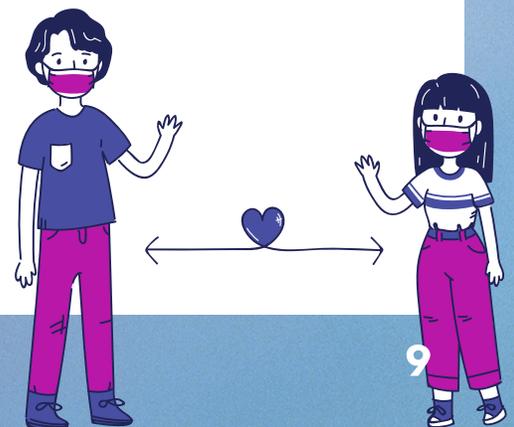
## Get COVID-tested

- Remember that the best time to get tested is 5-7 days after possible exposure.
- If you plan to get tested before seeing friends, don't see anyone for at least 5-7 days before getting tested and self-quarantine after getting tested while waiting for your results.
- Plan accordingly! This whole process may take up to two weeks and will require all individuals involved to follow these guidelines.
- Remember testing isn't full-proof, but it is a good way to reduce your risk when seeing people outside of your household.

## Limit the number of people you see who you don't live with.

- Remember that each time you see someone outside of your household, you are increasing your roommates and your own risk.

## Limit the frequency you see people outside of your household.



# A few final tips

We know you've heard these already, but reminders to practice the following precautions can never hurt!



Frequently wash your hands with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.



When wearing a mask, be sure to cover both nose AND mouth to reduce your risk to becoming infected from others who do not have symptoms and don't know they are infected; or you spreading it to others.



Aim to keep singing, chanting, shouting and physical exertion to a minimum as this significantly increases the risk of COVID transmission because these activities increase the release of respiratory droplets in the air.

Source: LA County Department of Public Health-  
<http://publichealth.lacounty.gov/media/coronavirus/>

# 3-Step Communication Technique

Use "I" statements - these allow you to take ownership for what you're feeling and thinking rather than "you-statements," which can lead others to feel blamed or defensive. "I" statements allow you to still be assertive but compassionate in your communication.

Instead of this:



Your sister is visiting and you're just now telling me? Hello, COVID! You're so inconsiderate...

Try this:



I'm happy that your sister is visiting! I'm just a bit uncomfortable COVID-wise and wanted to talk to you about her visit.

## 3-STEP COMMUNICATION:

State the situation (neutral statement)

1

Hey can we talk about John's birthday party tonight?

Say how you feel about the situation (emotion)

2

I heard he's having a pretty big group of people over and I'm really not comfortable with us going.

Say what you would like to see happen (next steps)

3

Honestly, I would love to go and see everyone too...Maybe we can celebrate with him separately and do something outdoors?

# Initiating a hang out

Hey! We're having a few friends over tomorrow to hang out in our backyard if you want to come over. We're going to be social distancing and everyone's going to bring their own food.

Hey, that sounds great! Just to let you know - I just flew in from home on Monday. Are you comfortable with that? And since I got back, the only person I've seen is my roommate!

Thanks for letting me know! I'm comfortable with it since we're going to be social distancing. My roommates and I've hung out with one other household in the past few weeks. It's going to be our house, Sarah and her roommate. Let me know- no pressure if you're not comfortable with it!

## Now is the time to overshare.

If you're initiating the conversation about making plans to hang out, lead with as many details as possible, like who else will be attending, will masks be on or off, will you all be social distancing, will it be indoors or outdoors?

Friends will almost always appreciate you being open and honest with them about what you've been up to. This will also make them feel comfortable with sharing what they have been up to.

Give the other person a chance to share if they are comfortable or not with hanging out and express any concerns or hesitations they may have

Remember to talk to your roommates about any in-person social plans and follow RAVEE with anyone else in your "bubble".

# Receiving an invite

Just got back to Westwood!  
Wanna do something tomorrow?

Yes!!

Let's meet at my place and then  
we can figure it out?

Can we meet somewhere outside/  
do something social distanced  
and mask on?

## Remember that saying yes to hang out doesn't mean that COVID precautions should be ignored.

Your initial reaction may be "yes" followed by some apprehension and questions...

- Will you be in a place with a lot of other people?
- Will you all be wearing a mask or social distancing?
- How many people will be there?

Ask the questions that are on your mind!

- Your friends will appreciate you being mindful of everyone's safety.
- Often times we may feel pressure to say "yes" even if we aren't being directly pressured. Trust that your friends will respect your decision and know that they have probably felt similarly.

These decisions can oftentimes be difficult and you may have many conflicting feelings. At the end of the day, ask yourself if you are comfortable and excited about hanging out.

- Do you feel comfortable hanging out with the agreed upon safety precautions?
- Are there certain parts of the plan that you are uncomfortable with that can be changed?
- For example, would you be more comfortable if masks were kept on the whole time?

We don't always get it "right" when it comes to COVID and we may often experience conflicting feelings about what we are doing... excitement, confusion, guilt, restlessness, frustration etc.

We will probably continue to feel these emotions, but we hope that by having more open and honest conversations with those around us, we will be able to get through it all a bit easier.



Student Health Education & Promotion  
<https://www.healtheducation.ucla.edu/>



The Semel Healthy Campus Initiative Center  
<https://healthy.ucla.edu/>