

# Get Into the Act



Acting out the messages in Choose Respect can help youth live out the concepts and messages they have learned.

## Why?

Negative emotions in a relationship can set off an unhealthy response. Youth don't just need to hear about Choose Respect. They need the skills to handle strong feelings or conflicts in constructive ways. Role playing provides a fun way for youth to see and practice positive relationship skills.

## Where and When?

Any room with enough space to meet with youth and act out or role play various scenarios will do. *Get Into the Act* is ideal if you already have a group of youth—a class at school, a faith group, a program at a community center, a summer camp, or a youth retreat. You can layer *Get Into the Act* into your existing plans, or you can plan a session just for this. The amount of time required will depend on how much you want to do. You can probably cover one scenario in 30 minutes to 1 hour or all of the scenarios in a half-day session. If you're already meeting regularly with youth, spread *Get Into the Act* over several sessions.

## How?

*Get Into the Act Scenarios* can be found in the Zone 1 resources, and the Choose Respect Pocket Guides can be found in the Materials section, both on the USB Flash Drive that comes with this Playbook.

## Set the stage for Choose Respect.

The Choose Respect Pocket Guides are a good way to introduce youth to Choose Respect. You might also want to get everyone in a creative mood by playing the Choose Respect Game on [www.chooserespect.org](http://www.chooserespect.org).

## Lights, Camera, Action!

The *Get Into the Act Scenarios* may be found in the Zone 1 resources on the USB Flash Drive. You get to choose the scenarios that allow youth to role play their relationship skills. It might also be fun for the youth to create their own story lines.

Select volunteers from the group of youth to present the scenario. Ask the volunteers to role play the scenario for 30–60 seconds. Ask the youth to:

- Identify unhealthy relationship behaviors in the role play
- Share their opinions about the scenarios
- Revise the role play and act it out to show how healthy behaviors improve the situation

What if they don't get it? If they can't tell you what's wrong, use this chance to explain it. It will be important that youth:

- Understand what makes a relationship healthy or unhealthy
- Know how to improve a negative situation in a healthy way

In some cases, you might need to explain how to address unhealthy relationship behavior (demonstrate it), and then have youth role play it again (practice it).

After each scenario, open the floor to questions and discussion. Reiterate Choose Respect messages as they relate to the scenario and to every day life. Repeat this process until you've gone through all the scenarios you selected.

## Want to Do More?

- You can build on this play by providing youth more in-depth training on positive relationship skills. For example, a guest speaker with expertise in this area, such as a counselor, therapist, or faculty from local college or university could conduct a more intensive workshop. Youth could also write their own skits for their peers to role play.

## Resources Needed:

- |                                                                                                                                      |                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Meeting space                                                                                               | <input type="checkbox"/> <i>Get Into the Act Scenarios</i>        |
| <input type="checkbox"/> Choose Respect Pocket Guides, available at <a href="http://www.chooserespect.org">www.chooserespect.org</a> | <input type="checkbox"/> Computer with Internet access (optional) |

## Evaluation:

Document what you accomplish using Choose Respect tracking tools:

- **Stand Up & Be Counted**  
Keep track of play participants and audience members. The Zone 1 Evaluation Tools contain a sign-in sheet.
- **Cheers & Changes**  
After the play is complete, note your successes, challenges, and opportunities for the future. The Zone 1 Evaluation Tools contain a worksheet to help you do this.

Choose Respect feedback tools are recommended if you implement multiple plays. Assess what youth learned from and thought of a series of Choose Respect activities using Choose Respect feedback tools:

- **Youth Feedback**  
After completing a series of activities with youth, collect information for your evaluation. The Zone 1 Evaluation Tools contain a feedback form to help you do this.

# Get into the Act Scenarios



## Directions:

- Distribute the scenario roles to participants who volunteered.
- Note that although roles are gender specific, assigned genders for each role can be interchanged to match volunteers in the group.
- Ask each volunteer to read the scenario to prepare for their roles.
- Explain the scenario to the entire group to “set the scene.”
- Direct volunteer participants to act out their roles according to the directions they have been given.
- After volunteer participants have finished, recap with a teachable moment that repeats Choose Respect messages.

### Scenario 1:

Ask for two volunteer actors to play Friend A and Friend B in Scenario 1.

#### Friend A (girl):

You and your friend used to hang out every day after school and sometimes on weekends. You hear that your friend has been spreading rumors about you. You know the rumors are not true, and cannot understand why your friend would do this to you. Tell your friend (Friend B) how this makes you feel disrespected.

#### Friend B (boy):

You value your relationship with Friend A. You told some of your other friends about the time you spend together and now it has turned into a nasty rumor. You don't know how things got this way. You have wanted to apologize to your friend, but you didn't know how. After your friend voices her concerns, respond to her with a respectful apology and tell her how you can set things straight.

## Talking Points

Discuss why gossip is disrespectful and how to make this friendship respectful. Without trust, there's no way to have a healthy relationship. Choose to trust in each other and give each other the benefit of the doubt.

When something like this happens, it takes time to rebuild trust. Always be honest. It builds trust and strengthens the relationship.

By modeling what respect means, you will inspire your boyfriend or girlfriend, your friends, and your family to model respect, too. Take every opportunity to give respect.

## Scenario 2:

Ask two girls to volunteer as actors to play Friend A and Friend B in Scenario 2.

### Friend A (girl):

Your friend is a cheerleader now and has a few more friends than last year. You and she used to be good friends and spend a lot of time together, but now she also hangs out with the popular crowd. Recently, whenever you are around her and her new friends, she is mean to you and gives you the silent treatment. You don't think that she is being a respectful friend anymore. How does this change make you feel? Start the conversation with your friend by telling her how you feel about the change in your friendship.

### Friend B (girl):

You made the cheerleading squad and now the more popular girls are inviting you to hang out with them. Your new cheerleader friends don't know Friend A that well, so they don't talk to her when you invite her out with them. You have begun to ignore Friend A because you don't know how to stay friends with her and your new set of friends. Listen to your friend's concerns and react to your friend when she tells you how she feels about your friendship by deciding the best way to handle this situation.

## Talking Points

Respect means that each person values who the other is and understands the other person's boundaries.

You shouldn't compromise who you are, and your identity should not be based on your friends. Continue seeing your friends or doing the things that you love. Be supportive if your friend wants to pursue new hobbies or make new friends.

Having confidence in yourself can help your relationships with others. It shows that you are calm and comfortable enough to allow others to express their opinions without forcing your opinions on others to win an argument.

## Scenario 3:

Ask two boys to volunteer as actors to play Friend A and Friend B in Scenario 3.

### Friend A (boy):

You just found out that your girlfriend cheated on you with your best friend. You asked her about it, and she denied the rumors. Now it's time to talk to Friend B. Start this role play by acting like you are in an argument with your friend, and push (GENTLY) his arm during the heated conversation. When he denies the rumor—take a deep breath and break the problem into smaller parts to figure out how this situation got so out of control.

**Friend B (boy):**

You don't know what's gotten into your best friend. He is really mad about something, but you're not sure what. When he confronts you, you know you didn't do it. Work this out with your friend: stick to the subject and avoid insults. Remind your friend that without trust, there's no way to have a healthy relationship. Encourage your friend to choose to trust you and give his girlfriend the benefit of the doubt. Take a minute to understand what he might be feeling, too—put yourself in his shoes.

**Talking Points**

We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.

You can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.

Everyone will argue at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Take a short break if the discussion gets too heated.

**Scenario 4:**

*Ask a girl and a boy to volunteer as actors to play Friend A and Friend B in Scenario 4.*

**Friend A (boy):**

You can't believe how excited you are to be with Friend B. She's everything you've wanted and you want to be with her all the time. But lately, she seems to be pulling away and gets annoyed when you call her late at night. You're sitting together at lunch and she wants to talk to you. You're afraid that she might break up with you. When she tells you how she feels, tell her how you can give her some space.

**Friend B (girl):**

You really like Friend A, but he's a bit over the top. He calls and texts you all day and all night. You are beginning to feel smothered. At lunch today, tell him how you feel about his need to be in touch all the time. Let him know that this kind of behavior doesn't belong in a healthy relationship and that you deserve trust and respect. Work to a compromise about how often and how much you want to talk.

**Talking Points**

Respect means that each person values who the other is and understands the other person's boundaries.

You won't always get your way. Acknowledge different points of view and be willing to give and take. It's a bad sign when the relationship becomes a power struggle.

Having confidence in yourself can help your relationships with others. It shows that you are calm and comfortable enough to allow others to express their opinions without forcing your opinions on others to win an argument.