

Hoops for Respect



Use basketball to engage youth in learning key Choose Respect concepts.

Why?

Youth must learn early in life that they should give and get respect in all their relationships. Basketball is a popular game played by both girls and boys. *Hoops for Respect* combines shooting hoops and answering questions as a fun way to share key Choose Respect concepts. Players learn about respectful and healthy as well as disrespectful and unhealthy relationships.

Where and When?

You can play *Hoops for Respect* anytime, indoors or outdoors, wherever there is a basketball court (or a trashcan that can serve as a basket).

How?

Hoops for Respect Questions and a *Hoops for Respect Score Card* are found in the Zone 1 resources on the USB Flash Drive that comes with this Playbook.

Select an MC and scorekeeper for the game.

It's best if the MC is someone who plays basketball in your local area (high school, junior college, college/university, community or professional league). If that is not an option, any interested person who works well with youth and likes to shoot hoops will work just fine.

Go over the rules.

- Create R-E-S-P-E-C-T mats (one letter per mat). You can use sidewalk chalk to draw the letters on an outside court.
- Place the R-E-S-P-E-C-T mats on the court in a semi-circle approximately 6 feet from the hoop.
- Draw a "start" line next to the sideline area, close to the "R" mat. Each player will stand at this line before he or she begins.
- Have youth line up on the sideline to wait for a turn.
- Call one player to the "start" line at the "R" mat to begin the round of *Hoops for Respect*.

- At mats “R,” “P,” and “T,” the player will answer a question. After the player answers, he/she will also take a shot.
- At mats “E,” “S,” “E,” and “C,” the player will only shoot the ball.
- Whether the player answers the question correctly or not, he/she advances from mat to mat.

Shoot some hoops.

- Each player starts at “R.” The MC chooses a True/False or Multiple Choice item from the *Hoops for Respect Questions*, the player answers the question, then takes a shot.
- He/she moves to “E”—take a shot.
- He/she moves to “S”—take a shot.
- He/she moves to “P”—question, take a shot.
- He/she moves to “E”—take a shot.
- He/she moves to “C”—take a shot.
- He/she moves to “T”—question, take a shot.

Everyone’s a winner!

If the player answers a question wrong, the MC should give the right answer to educate all players on Choose Respect concepts. Scorekeeping works like this:

- 2 points for each correct answer
- 1 point for each basket made
- Maximum points for each player—13 points

To show that everyone is a winner and is respected, all players in the game should get a participation prize like a Choose Respect bookmark, poster, awareness bracelet, or temporary tattoo. The player with the most total points should receive a grand prize such as a Choose Respect T-shirt, knapsack, or water bottle.

Want to Do More?

- *Hoops for Respect* is easy to adapt to the sport or recreational activity of your choice. You can use the exact same questions, but you may need to adjust the playing rules and the mats to fit the game selected.

Resources Needed:

- Basketball court
- R-E-S-P-E-C-T mats for inside courts or sidewalk chalk for outside courts
- Hoops for Respect Score Card*
- Participation prizes (Choose Respect-branded item such as bookmark, poster, awareness bracelet, or temporary tattoo) for all participants
- Grand prize (Choose Respect-branded item such as T-shirt, knapsack, or water bottle) for player with highest point total
- Basketballs (one will do, but having several helps to keep the game moving along without long pauses as balls are being chased)
- Ball boy and ball girl (2 or more assistants to fetch balls and keep them in play)
- Hoops for Respect Questions*

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.

Hoops for Respect Questions



True/False Questions for Girls or Boys

Healthy relationships are with someone who . . .

- | | |
|---|--------------|
| 1. Is honest | True / False |
| 2. Shares his/her feelings | True / False |
| 3. Always has to have his/her way | True / False |
| 4. Accepts you for who you are | True / False |
| 5. Listens to what you have to say | True / False |
| 6. You like to spend time with | True / False |
| 7. Is popular with a certain crowd | True / False |
| 8. Respects you | True / False |
| 9. Tells you what to do | True / False |
| 10. You can talk with about your feelings | True / False |
| 11. Always lets you have your way | True / False |
| 12. Talks behind your back | True / False |
| 13. Let's you have other friends | True / False |

Answers: 1)T; 2)T; 3)F; 4)T; 5)T; 6)T; 7)F; 8)T; 9)F; 10)T , 11)F; 12)F; 13)T

Multiple Choice Questions for Girls

14. Your boyfriend is staring at another girl, and it is making you jealous. You choose to:

- a. Yell at him
- b. Tell him how that makes you feel
- c. Start telling your friends he's a jerk

Answer: b.

15. Your friend makes the cheerleading squad and you don't. You choose to:

- a. Tell her it was just luck she made it
- b. Congratulate her
- c. Ignore her in the hallways

Answer: b.

16. You and your friends see a guy marking up his girlfriend's locker. You choose to:

- a. Ask him to stop
- b. Laugh about it
- c. Turn around and ignore that it's happening

Answer: a.

17. After the dance, your boyfriend wants to hang out. You want to go home. You choose to:

- a. Yell at him in front of everyone for disagreeing with you
- b. Do what he wants because he's the boy
- c. Ask him to respect your wishes

Answer: c.

18. Your boyfriend tells you that you can't wear your favorite skirt anymore. You choose to:

- a. listen to him, you don't want to make him mad
- b. only wear it when he isn't around
- c. talk to him about it and ask that he respect your choices

Answer c:

19. You overhear your friend spreading rumors about another friend. You choose to:

- a: listen in, it sounds interesting
- b. tell her that is isn't respectful to talk behind someone's back
- c. correct her and tell her she has the story all wrong

Answer b:

Multiple Choice Questions for Boys

20. You're walking down the hall and see your girlfriend hanging out at another guy's locker. You choose to:

- a. Walk past, ignoring them
- b. Stop and say hello
- c. Get jealous

Answer: b.

21. You're with your buddies in the cafeteria and see your girlfriend drop her lunch tray. You choose to:

- a. Ignore her
- b. Laugh at her with the rest of the guys
- c. Go and help her clean it up

Answer: c.

22. Whenever another guy flirts with your girlfriend, you feel jealous. You choose to:

- a. Warn him to stay away from her
- b. Forbid your girlfriend from talking to any other guy
- c. Calm down and remember that you don't own her and you need to trust her

Answer: c.

23. Your girlfriend wants to spend every minute with you, and you're getting sick of it. You choose to:

- a. Ignore her
- b. Break up with her
- c. Tell her, in a respectful way, how you feel

Answer: c.

24. Your friend is really bad at football and he wants to know what he can do to improve and make the team. You choose to:

- a. Offer to help him practice and share some of your tips
- b. Tell him he has no chance to make the team
- c. Make fun of him to your other friends and say can you believe he thinks he can make the team?

Answer a

25. Your friend is talking about his girlfriend in a disrespectful way. You choose to:

- a. Chime in, she does seem really mean
- b. Tell him that he should talk to his girlfriend, not him, about the problem
- c. Start talking about your girlfriend as well, she can be crazy!

Answer b

