

Choose Respect Family Pledge



This play uses family fun time for parents and youth to pledge together to support healthy and respectful relationships.

Why?

Parents play a key role in supporting their children to choose healthy and respectful relationships. They can model and talk about healthy and respectful relationships, know who their kids' friends are, and set age-appropriate boundaries for relationships. The *Choose Respect Family Pledge* helps parents promote healthy and respectful relationships in the family and with friends.

Where and When?

The *Choose Respect Family Pledge* is an ideal activity for an organization such as a community or faith-based organization to share with families. Parents and their children can enjoy the *Choose Respect Family Pledge* together at home in the evening or on the weekend.

How?

The *Video Q & A* can be found in the General Tips and Tools section, and the *Choose Respect Family Pledge* can be found in the Zone 2 resources, both on the USB Flash Drive that comes with this Playbook.

Get ready for family fun.

Here's how to plan a great time for your family.

- **Food:** Make plans to have a tasty meal for your family. Let your kids help you choose the menu or fix their favorite dishes.
- **Fun:** Pick a fun activity you like to do together—it could be playing your favorite board games, riding bikes, or throwing a Frisbee in the yard.
- **Focus:** Educate yourself on Choose Respect. Watch the 13-minute Choose Respect video for teen audiences, *Causing Pain: Real Stories of Dating Abuse and Violence* and review the *Video Q & A*. Or, make it a family movie night and pick a movie that highlights dating relationships or other relationships between people who care about each other. Another option is to visit your local library and select books that highlight relationships. Some suggested topics include:

- Anger Control
- Problem Solving
- Negotiation and Compromise
- Fighting Fair
- Understanding
- Forgiveness
- Listening
- Being a Role Model
- Compassion
- Respect
- Dealing with Jealousy

You might also ask the librarian to help with choices appropriate for your child's reading range.

You can also visit www.chooserespect.org for additional information and resources on encouraging your child to choose respect, teaching your child refusal skills, and setting rules about dating.

- **Pledge:** Make pledge cards you and your children can sign at the end of your special time together.

Spend special time with the kids.

Start your special evening/day with a great meal. After the meal, take the time just to have fun with your family. Now you've set the stage for a family talk about healthy and respectful relationships.

- Watch the Choose Respect 13-minute video *Causing Pain: Real Stories of Dating Abuse and Violence*, your selected movie, or read your selected book(s) together.
- After the video, use the Choose Respect *Video Q & A* to guide your discussion with your children about healthy and respectful relationships. Refer to the *Causing Pain Video Q & A* as you need to, but talk honestly from the heart and answer any questions from your children.

Make a family pledge to choose respect.

After you talk, show your kids the pledge cards.

- The pledge cards are a way your family can make a commitment together to encourage and support healthy and respectful relationships in the family and with friends.
- You can create your own family pledge or have separate cards like these:

For parents:

- We will listen without interrupting.
- We will make family rules about friendships and relationships.
- I will model respect for my child.
- I will monitor where my child spends his/her time and with whom.

_____ Name

Want to Do More?

- Get together with families you're friends with and do this play together. This way you can share the planning and expand both the fun and the impact of the play.

For children:

- We will listen without interrupting.
- We will make family rules about friendships and relationships.
- I will be honest with my parents about who I hang out with.
- I will respect boundaries that my parents set for my friendships and relationships.

_____ Name

Resources Needed:

13-minute Choose Respect video for teen audiences, *Causing Pain: Real Stories of Dating Abuse and Violence*

Video Q & A

Food

Fun activity such as board games, riding bikes, or throwing a Frisbee in the yard

Pledge Cards

TV with DVD player (or video may be downloaded from www.chooserespect.org)

Evaluation:

Document what you accomplish using Choose Respect tracking tools:

- **Stand Up & Be Counted**

Keep track of play participants and audience members. The Zone 2 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 2 Evaluation Tools contain a worksheet to help you do this.

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

- **Adult Feedback**

After completing a series of activities with youth, collect information for your evaluation. The Zone 2 Evaluation Tools contain a feedback form to help you do this.

PLEDGE FOR PARENTS

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will model respect for my child.

I will monitor where my child spends his/her time and with whom.

Name _____

PLEDGE FOR YOUTH

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will be honest with my parents about who I hang out with.

I will respect boundaries that my parents set for my friendships and relationships.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will model respect for my child.

I will monitor where my child spends his/her time and with whom.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will be honest with my parents about who I hang out with.

I will respect boundaries that my parents set for my friendships and relationships.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will model respect for my child.

I will monitor where my child spends his/her time and with whom.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will be honest with my parents about who I hang out with.

I will respect boundaries that my parents set for my friendships and relationships.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will model respect for my child.

I will monitor where my child spends his/her time and with whom.

Name _____

I pledge to give and get respect.

We will listen without interrupting.

We will make family rules about friendships and relationships.

I will be honest with my parents about who I hang out with.

I will respect boundaries that my parents set for my friendships and relationships.

Name _____