

Get Choose Respect Know How Now!



Adults learn how to encourage and support healthy and respectful relationships among youth.

Why?

Caring adults are in a great position to influence the way kids think and act in their relationships. Adults can model healthy and respectful relationships in their interactions with youth, and they can encourage youth to adopt healthy and respectful attitudes, beliefs, and behaviors.

Where and When?

Get Choose Respect Know How Now! is an ideal activity for an organization such as a community or faith-based organization or a school. Consider providing onsite childcare and scheduling the event when it is most convenient for parents. Generally, evenings or weekends are the best times. *Get Choose Respect Know How Now!* takes about 3 hours. You can also give incentives to encourage adults to attend.

How?

A *Choose Respect Know How Now Confidential Comment Card* template and *Choose Respect Know How Now: Scenarios and Talking Points* can be found in the Zone 2 resources on the USB Flash Drive that comes with this Playbook.

Here's the plan.

Get Choose Respect Know How Now! is a three-part activity. During the first part you will introduce Choose Respect and show the 30-minute Choose Respect video, *Causing Pain: Real Stories of Dating Abuse and Violence*. In the second segment, the group will learn about dating abuse and talk about their role in helping youth develop healthy relationships. You'll wrap up with a skill-building session to help them practice what they have learned. The schedule for a Saturday event might look like this:

9:00–9:15 a.m.	Welcome and Introductions (provide refreshments)
9:15–9:30 a.m.	Introduction to Choose Respect
9:30–10:00 a.m.	Video Viewing
10:00–11:00 a.m.	Group Discussion
11:00–11:45 a.m.	Practice Session
11:45 a.m.–noon	Q/A and Wrap Up

Share the background.

The *Dating Abuse Fact Sheet* and *Choose Respect Overview* are good tools to use as you introduce Choose Respect to the group. After your introduction, show the 30-minute Choose Respect video, *Causing Pain: Real Stories of Dating Abuse and Violence*.

Talk about it.

Format E of the *Video Discussion Guide* tells you step by step how to talk about the video with adults. The discussion should last about 1 hour and should cover these topics:

- How to encourage and support youth to choose healthy and respectful relationships (include points from the Choose Respect fact sheet, *Developing Healthy Relationships: A Role for Adults*)
- How to recognize the signs of relationship abuse (include points from the Choose Respect fact sheet, *Dating Abuse: Risk Factors and Warning Signs*)
- How to intervene to prevent, report, or stop relationship abuse when it is suspected, observed, or reported (include points from the Choose Respect fact sheet, *Safety Tips*)
- Additional resources available to parents (include the Choose Respect website, www.chooserespect.org, and a list of resources available in their local community)

Practice it.

Divide the group into small groups of four to six persons. If married or dating couples are present, keep them in the same group. This will help them practice how they can work together to support and encourage youth.

- Ask each group to discuss the scenarios we've provided with this play. The group can brainstorm around the scenarios or role play possible solutions. One person can play the role of the youth, and another can play the role of the adult.
- Make sure that members of each group take turns talking or role playing so all have a chance to participate and practice.
- After participants role play a scenario, talk about the actions of the participants and give feedback to refine their skills before moving on to the next scenario.

Although dating abuse is a serious topic, keep the tone of the meeting light and keep the action moving along.

Take the know how home.

Bring all the participants back together after the practice session and answer any questions they might have. If a parent has a confidential or sensitive question/comment, ask them to write it down on a card, and tell them you will follow up with them by phone or e-mail. In addition, tell parents that you will be available after the meeting for individual questions.

Wrap up the meeting by giving each participant a Choose Respect poster for display in their home or business and a folder with the following Choose Respect Fact Sheets:

- *Choose Respect Overview*
- *Dating Abuse Fact Sheet*
- *Dating Abuse: Risk Factors and Warning Signs*
- *Developing Healthy Relationships: A Role for Adults*
- *Safety Tips*

Want to Do More?

- Set up a laptop and LCD projector to demonstrate the various features of the website such as how to send an e-card.
- Partner with other organizations in your community to hold this play in neighboring cities. Adults are more likely to go to an event if it is convenient and within a reasonable driving distance.

Distribute materials at the end of the session so participants do not read the materials rather than focus on the video or discussion. Additional Choose Respect materials for parents can be downloaded from www.chooserespect.org. These materials help parents know how to talk to their kids about respect. The Choose Respect Magnetic Picture Frame outlines the warning signs of dating abuse; the Wallet Card tells parents how to start the conversation, what qualities make a healthy relationship, and how to stay involved in their kids' lives.

Resources Needed:

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|--|---|
| <input type="checkbox"/> 30-minute Choose Respect video, <i>Causing Pain: Real Stories of Dating Abuse and Violence</i> | <input type="checkbox"/> <i>Video Discussion Guide, Format E</i> |
| <input type="checkbox"/> Choose Respect Fact Sheets— <i>Choose Respect Overview, Dating Abuse Fact Sheet, Dating Abuse: Risk Factors and Warning Signs, Developing Healthy Relationships: A Role for Adults, and Safety Tips</i> | <input type="checkbox"/> Choose Respect posters |
| <input type="checkbox"/> Meeting rooms (one room that can accommodate all participants and several for the practice sessions) | <input type="checkbox"/> TV with DVD player (or video may be downloaded from www.chooserespect.org) |
| <input type="checkbox"/> Qualified discussion leaders | <input type="checkbox"/> Comment/question cards |
| <input type="checkbox"/> Refreshments (food and beverages) | <input type="checkbox"/> Incentives for participation |
| <input type="checkbox"/> Optional: LCD projector, laptop, Internet access | <input type="checkbox"/> <i>Choose Respect Know How: Scenarios and Talking Points</i> |

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.

Choose Respect
Know How Now

Confidential Comment Card

My Question or Concern:

Please contact me at:

Name: _____

Phone Number: _____

E-mail Address: _____



Choose Respect
Know How Now

Confidential Comment Card

My Question or Concern:

Please contact me at:

Name: _____

Phone Number: _____

E-mail Address: _____



Choose Respect
Know How Now

Confidential Comment Card

My Question or Concern:

Please contact me at:

Name: _____

Phone Number: _____

E-mail Address: _____



Choose Respect
Know How Now

Confidential Comment Card

My Question or Concern:

Please contact me at:

Name: _____

Phone Number: _____

E-mail Address: _____



Choose Respect Know How Now: Scenarios and Talking Points



Possible Scenarios for Practice Session

For Parents:

1. You have children who are about to begin dating. What dating rules will you set up and how will you communicate those rules?
2. You are not sure who your children's friends are or how and where they are spending their free time. How will you monitor who your children are hanging out with and their schedules?
3. You find suspicious Internet activity on your child's computer. What will you do to address this? What steps can you take to monitor and prevent this in the future?

For Any Caring Adult:

1. You interact with youth on a daily or weekly basis. What can you do to encourage and support healthy and respectful relationships among these youth?
2. You notice a youth who appears to be withdrawing from friends and family or you notice other warning signs of abuse. What do you do?
3. You observe or someone reports to you a case of dating abuse among youth. How will you intervene to address this issue?

Questions to Anticipate for the Q&A Session

Q: What is Choose Respect?

A: Choose Respect is a national initiative from the Centers for Disease Control and Prevention (CDC) to help youth ages 11–14 form healthy relationships to prevent dating abuse before it starts. It is designed to motivate youth to challenge harmful beliefs about dating abuse and take steps to form respectful relationships.

Q: Why is there a reason for Choose Respect?

A: Unfortunately, like adults, many youth are involved in verbal, physical, emotional, or sexually abusive relationships. One in four youth reports being a victim of some form of dating abuse. According to CDC, 1 in 11 high school students reports having been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months. This number represents about about 1.5 million high school students a year.

Q: Don't you think 11–14 year olds are a bit young to learn about dating and relationships?

A: Choose Respect reaches out to youth ages 11–14 because they're still forming attitudes and beliefs that will affect how they are treated and how they treat others. When they understand what respect is, they can give it and get it in all their relationships. Choose Respect focuses on building positive, healthy relationships, and knowing what to do when youth or someone they know is in an unhealthy relationship.