

Choose Respect Retreat



Hold a 1-day overnight Choose Respect Retreat for 11–14 year olds in a faith-based or community organization youth group.

Why?

The Choose Respect Retreat offers a way for a faith-based or community youth organization to build a culture of respect in the wider community. This retreat provides a fun environment to learn more about Choose Respect.

Where and When?

The retreat may be held in any community location (e.g., a retreat center, community gym, campground, or faith-based organization's facility). The location should have bathrooms, sufficient room for separate sleeping areas for boys and girls, and a kitchen or food preparation area. It should be held on a weekend night or during the summer.

How?

The *Video Discussion Guide, Format A* can be found in the Materials section on the USB Flash Drive that comes with this Playbook.

Plan the activities

A retreat provides a large window of time to educate youth about Choose Respect. It is important to plan the time wisely so youth can learn the information and have fun at the same time.

Start the retreat with an ice breaker so everyone can get to know one another. If the group is large, you may want to consider assigning youth to smaller groups and have each mini-team rotate through activities.

After youth introduce themselves, show the 13-minute Choose Respect video: *Causing Pain: Real Stories of Dating Abuse and Violence* and follow the video with a discussion. Use the *Video Discussion Guide, Format A* to guide the discussion. This video and discussion provides the information needed on Choose Respect for the activities that will come later in the retreat.

- Identify Choose Respect Zone 1 plays for the retreat. Some suggestions include:
 - *Express Yourself*
 - *Get Into the Act*
 - *Trivia Night*
 - *Hoops for Respect*
- While the focus of the retreat can be on Choose Respect, scheduling unstructured time allows youth to hang out with their friends or for games and activities not related to Choose Respect. Balance Choose Respect activities with downtime, to keep youth relaxed and engaged.
- End the event with a Choose Respect pledge and encourage participants to consider becoming a Choose Respect Leader.

Resources Needed:



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



Choose Respect Video Discussion Guide

Evaluation:

Document what you accomplish using Choose Respect tracking tools:

- **Stand Up & Be Counted**
Keep track of play participants and audience members. The Zone 3 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 3 Evaluation Tools contain a worksheet to help you do this.

Choose Respect feedback tools are recommended if you implement multiple plays. Take time to reflect on how far you have come in implementing Choose Respect in your community after completing a series of Choose Respect activities using Choose Respect feedback tools:

- **Organizational Impact Survey**
After completing a series of activities, collect information for your evaluation. The Zone 3 Evaluation Tools contain a feedback form to help you do this.