

Choose Respect Leaders



Youth mentor their peers to encourage and support them to choose healthy and respectful relationships.

Why?

Peers are a significant force in the lives of youth. So it makes sense to capitalize on their influence for positive outcomes. Developing a peer group that endorses the norm of healthy and respectful relationships can help prevent dating abuse among kids.

Where and When?

Choose Respect Leaders works best if you take it where the kids are. Choose a place where youth hang out—a school, community center, or faith-based organization, or other place where youth get together. It is probably best to add this play to a program in which youth are already involved. This play requires four 1-hour sessions, which can be held on a single day or spread over 4 days or 4 weeks.

How?

Format A of the *Video Discussion Guide* and Choose Respect Pocket Guides can be found in the Materials section on the USB Flash Drive that comes with this Playbook.

Select youth to become Choose Respect Leaders.

Before training to become a Choose Respect Leaders, youth must participate in a presentation and discussion of the 13-minute Choose Respect video, *Causing Pain: Real Stories of Dating Abuse and Violence* or at least one of these plays:

- *Express Yourself*
- *OK or No Way*
- *Hoops for Respect*
- *Dream Date*
- *Choose Respect Game Show*
- *What You See Is What You Get*
- *What Role Will You Choose?*



Plays in Action:

Community: San Antonio, TX
San Antonio Rape Crisis Center for Children and Adults

In May of 2006, the San Antonio Rape Crisis Center for Children and Adults (RCC) integrated Choose Respect into their education programs for all ages.

Within two months local students from Fox Tech High formed a group on campus called STAR (Students Taking Action for Respect). RCC trained the students as peer educators who could talk to their fellow students about the issues of healthy relationships, teen dating violence and harassment. To date they have reached out to more than 600 of their peers, educating them on the differences between healthy and unhealthy relationships, the warning signs of an abusive relationship, and how to get help if it happens to them. They have also coached their peers against acquaintance rape, sexual harassment, and the dangers of date rape drugs.

- *Get Into the Act*
- *Let's Talk Respect*
- *Reflections on Respect*

Serving refreshments and giving other incentives will probably increase the success of this play.

Session 1: Using the Choose Respect educational video.

In this session, the trainer explains how to lead a discussion of the Choose Respect video.

Each youth receives a copy of the 13-minute Choose Respect video, *Causing Pain: Real Stories of Dating Abuse and Violence* and the *Video Discussion Guide*. The trainer should review Section 2 and Format A or Format D to give youth a step-by-step guide to presenting the video and leading a discussion. The trainer answers any questions youth might have.

Session 2: Using the Choose Respect Youth Plays.

Each youth receives a *Choose Respect Playbook*. The trainer reviews the youth plays and explains how to conduct:

- *Express Yourself*
- *OK or No Way*
- *Hoops for Respect*
- *Dream Date*
- *Choose Respect Game Show*
- *What You See Is What You Get*
- *What Role Will You Choose?*
- *Get Into the Act*
- *Let's Talk Respect*
- *Reflections on Respect*

The trainer answers any questions the youth might have.

Session 3: Practice Session.

The practice session gives kids the chance to try out the *Video Discussion Guide* and Youth plays in the *Choose Respect Playbook*.

- First the trainer demonstrates a component, then the youth get to practice that same component.
- The trainer provides feedback throughout this practice session and makes sure the youth are able to convey Choose Respect messages during a session.

The trainer answers any questions the youth might have.

Want to Do More?

- Initiate *Choose Respect Leaders* in every middle school and/or community location (e.g., YMCA) in your district, county, or state.

Session 4: Peer to Peer Planning.

In this segment each youth picks out a youth play and prepares to lead it with other kids. The trainer works with each youth to select the play he/she will lead and complete initial plans for implementing that play. The Choose Respect Pocket Guides and *Developing Healthy Relationships: A Role for Youth* fact sheet (downloadable from www.chooserespect.org) are good resources for building skills. Each Choose Respect Leader pledges to implement at least one play with peers within the next six months.

The trainer answers any questions the youth might have.

At the end of the training, all Choose Respect Leaders could receive a Choose Respect T-shirt or other prize.

Resources Needed:

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| <input type="checkbox"/> Copies of the 13-minute Choose Respect video for teen audiences, <i>Causing Pain: Real Stories of Dating Abuse and Violence</i> | <input type="checkbox"/> Copies of the <i>Video Discussion Guide</i> |
| <input type="checkbox"/> Copies of the <i>Choose Respect Playbook</i> | <input type="checkbox"/> <i>Developing Healthy Relationships: A Role for Youth</i> fact sheet |
| <input type="checkbox"/> Meeting space | <input type="checkbox"/> TV with DVD player (or video may be downloaded from www.chooserespect.org) |
| <input type="checkbox"/> Refreshments (food and beverages) | <input type="checkbox"/> Incentives for participation |
| <input type="checkbox"/> Qualified trainer(s) | <input type="checkbox"/> Choose Respect Pocket Guides |

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.