

Let's Talk Respect



Youth stage a talk show to discuss how to select friends who respect.

Why?

Sometimes it's tough for youth to decide who to be friends with and which friendships are respectful. *Let's Talk Respect* helps peers recognize signs of healthy and unhealthy friendships and learn what to do if they think someone is in an abusive relationship.

Where and When?

Let's Talk Respect is ideal for any community- or faith-based organization or school. The room used should be large enough to have a "stage" and a "studio audience." This play should take approximately 1 hour.

How?

The *Let's Talk Respect: Host Guide* can be found in the Zone 1 resources on the USB Flash Drive that comes with this Playbook.

Select a talk show host.

Pick an adult leader or older peer to be the talk show host. This person will ask questions and keep the discussion moving as he or she would on a talk show. The *Let's Talk Respect* host should refer to the printed Playbook for the Choose Respect Messages.

Select the guests and the audience.

Select three to five volunteers from the audience to be the guests on the talk show. Tell the audience that the volunteers will be acting out scenarios. Each member of the audience has a respect poster board: one side of the poster says, "Yes! That's Respect!" and the other says, "That's not Respect!" Or the posters could have ☺ and ☹ on opposite sides of the poster board. 8.5" x 11" posters are included on the USB Flash Drive that comes with this Playbook.

Lights, camera, action!

The host introduces the show and the topic of the day—Respect. Give it. Get it. The host tells the audience that the volunteers are acting and these are not actual situations. The host and the “guests” present a scenario. The host says, “Audience, what do you think?” The audience members respond by holding up the poster that expresses their opinion. The *Let's Talk Respect: Host Guide* on the USB Flash Drive will help the host lead the discussion. Here are two possible scenarios—others are presented in the Choose Respect Pocket Guides.

Scenario 1

Scenario 1 requires a boyfriend, girlfriend, and the talk show host. The host says, “Your girlfriend wants to spend every minute with you, and you’re getting sick of it. Here are your choices:

- a. Ignore her
- b. Break up with her.
- c. Tell her she’s a stalker.
- d. Tell her, in a respectful way, how you feel.”

The boyfriend chooses an option and tells his girlfriend. The audience votes—is this respect? Or not? Which is the respectful choice?

The talk show host moderates a discussion on how to handle this situation respectfully.

Scenario 2

Scenario 2 requires a boyfriend, girlfriend, bystander, and the talk show host. The host says to the bystander, “You hear a guy threatening to smack his girlfriend. Here are your choices:

- a. Ignore it.
- b. Run over and push the guy away.
- c. Tell an adult who can help calm the situation down.
- d. Step in and threaten the guy.”

The bystander chooses an option and says what he/she would do. The audience votes—is this the respectful thing to do? Or not? Which is the respectful choice? The talk show host moderates a discussion on how to handle this situation with respect.

Scenario 3

Scenario 3 requires a boy from the audience and the talk show host. The host says to the boy “You are playing video games with your buddies. A friend of yours, a girl, wants to join in. Of these choices, what would you do?

- a. Blow her off to look cool to your friends.
- b. Let her play so you can beat her.
- c. Treat her as an equal and let her join the game.

Want to Do More?

- Play the Choose Respect 13-minute video, *Causing Pain: Real Stories of Dating Abuse and Violence*, after the talk show to spark discussion.
- Record the talk show and show it to other groups. Have them discuss after viewing the taped show.

d. Tease her and tell her girls are not as good at video games as guys."

The boy chooses an option and the audience votes. Does his choice show respect? Or not? Which is the respectful choice?

The talk show host moderates a discussion on how to handle this situation with respect.

Scenario 4

Scenario 4 requires a girl from the audience and the talk show host. The host says to the girl, "You become jealous of a friend when she makes the cheerleading squad and you don't. What would you do? Here are your choices

- a. Tell your friends what a lousy job you think she's going to do.
- b. Tell her it was just luck she made it.
- c. Congratulate her.
- d. Ignore her in the hallways."

The girl chooses an option and the audience votes. Is her choice the respectful thing to do? Or not? Which is the respectful choice?

The talk show host moderates a discussion on how to handle this situation with respect.

That's a wrap.

After the talk show is over, have the studio audience talk about what they saw. Tell them to suggest additional options for getting help or other signs to look for in an unhealthy relationship.

Resources Needed:

- | | |
|---|---|
| <input type="checkbox"/> Meeting space | <input type="checkbox"/> Respect poster boards |
| <input type="checkbox"/> Choose Respect Pocket Guides, available at www.chooserespect.org (optional) | <input type="checkbox"/> Qualified talk show host |
| <input type="checkbox"/> <i>Let's Talk Respect Host Guide</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 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.

Let's Talk Respect: Host Guide



Opening remarks:

"Hello, I'm your host _____. Thanks for watching 'Let's Talk Respect'. Today's show is going to focus on how girlfriends and boyfriends can show respect to one another even in difficult situations and what to do if you see behavior that is disrespectful occurring between a couple. We have some special guests acting out scenarios with us today but audience participation is key to a healthy discussion, so I want to hear from you out there in the studio audience as well."

First up, we have _____ and _____ who are pretending to be dating. We are going to give them a scenario and see how it would be handled in their relationship, then the audience will have an opportunity to vote on whether the choice they make is respectful or not."

Introduce the first couple for Scenario 1, and use ice breakers so your guests will feel comfortable such as:

- What grade are you in?
- How long have you been dating?
- What is your favorite thing about each other?

Now move on and present the first scenario.

Scenario 1:

"Your girlfriend wants to spend every minute with you, and you're getting sick of it. Of these choices, which would you choose?

- a. Ignore her
- b. Break up with her
- c. Tell her she is a stalker
- d. Tell her, in a respectful way, how you feel."

After the boyfriend has answered the question you should engage the audience to vote whether his answer is respectful or not. Depending on the initial response of the boyfriend you will want to probe and initiate discussion around the various responses.

Response A. Ignore her

Probing questions to the audience:

- Is ignoring someone giving respect? Why or why not?
- How would you feel if your boyfriend/girlfriend ignored you?

- What do you think would happen if he were to ignore her? Do you think she would stop wanting to spend every minute with him?

Take away message: Wrap up the discussion and make sure the audience appreciates that this response isn't respectful because boxing someone out can make them feel unimportant and insignificant. Choose respect by having an honest and respectful conversation which will allow you to settle on a solution you both can live with.

Response B. Break up with her

Probing questions to the audience:

- Is this choice giving respect? Why or why not?
- How would you feel if you were broken up with and were unclear of the reasons? Or if you found out later maybe there was something you could do about it.

Take away message: Giving respect sometimes means having uncomfortable conversations so the people close to you can be made aware of how their behavior affects you. These conversations don't have to be hurtful or disrespectful.

By making an effort to communicate about these issues you are showing the person that you respect them and that you respect yourself.

Response C. Tell her she's a stalker

Probing questions to the audience:

- Would making this comment to someone be giving respect? Why or why not?
- If your boyfriend or girlfriend called you a stalker, how would this make you feel?

Take away message: While some people may think this comment is a joke or insignificant, putting your friends or significant others down with names like "stalker" or "crazy" is a big rejection. You've got the power of choice so choose respect by having an honest and respectful conversation so the situation can be resolved. Choice d.) is the respectful choice.

Response D. Tell her, in a respectful way, how you feel.

Probing questions to the audience:

- Is this choice giving respect? Why or why not?
- What would this conversation look like? (ask volunteers to role play and ask audience to comment)

Take away message: Giving respect sometimes means having uncomfortable conversations so the people close to you can be made aware of how their behavior affects you. These conversations don't have to be hurtful or disrespectful. By making an effort to communicate about these issues you are showing the person that you respect them and that you respect yourself. You have the power to choose how you will react in difficult situations. Choose respect: give it and get it.

After completing Scenario 1, thank your guests for participating and introduce the next set of guests for Scenario 2. Your guests should include a girlfriend, her boyfriend, and a bystander.

Scenario 2:

Introduce the new set of guests and break the ice with questions similar to the ice breakers suggested above. Some additional options for ice breakers are:

- What's your favorite subject in school?
- Do you all know each other?
- Which two of you are dating and who is our bystander today?

Make it clear that the following scenario is just a hypothetical situation and does not imply that the behavior is something that has occurred between the couple on the stage.

To the bystander you say "You hear a guy threatening to smack his girlfriend. At this point, you can ask the couple to act out the scenario and then ask the bystander, 'Of the following choices, What would you do?'

- a. Ignore it
- b. Run over and push the guy away
- c. Tell an adult who can help calm the situation down
- d. Step in and threaten the guy."

After the bystander answers the question you should engage the audience to vote whether his/her answer is respectful or not. Depending on the initial response of the bystander you will want to probe and initiate discussion around the various responses.

Response A. Ignore it.

Probing questions to the audience:

- Does this response show respect? Why or why not?
- Have you ever been in this type of situation where you ignored the behavior? What could you have done differently?

Take away message: No one deserves to be threatened with physical violence, and by ignoring the situation you would be saying it is ok for her to be treated that way. If you don't want to intervene and possibly make the situation worse, tell an adult who can step in and calm the situation down.

Response B. Run over and push the guy away.

OR

Response D. Step in and threaten the guy

Probing questions to the audience:

- Does this response show respect? Why or why not?
- Have you ever heard the phrase "violence begets violence?" Can you see how reacting to violent behavior with violent behavior might be an issue?
- If you reacted to this situation with choices b or d, what might happen?

Response C. Tell an adult who can help calm the situation down

Probing questions to the audience:

- Does this response show respect? Why or why not?
- Give me examples of who you could tell and what you might say.
- What about after the situation has been resolved? Is there anything you could do to help?

Take away message: Give respect to get respect. Even people who aren't close to you deserve respect from you and those around them. Part of giving respect is recognizing when someone is in a bad situation and giving them the support they need to get out of it. By going to an adult, you are ensuring the situation doesn't get worse, resulting in a fight breaking out and someone getting hurt.

Scenario 3:

Have boys from the audience volunteer to come on stage to participate. If no one volunteers, choose one boy at random. Once the boy is on stage, make him feel comfortable by asking some questions like:

Do you play sports?

Do you play video games?

Who is your favorite band?

Tell the volunteer that you are going to describe a scenario and ask him to decide which of four choices is the respectful way to handle the situation.

"Let's say you are playing video games with your buddies. A friend of yours, who is a girl, wants to join in. Of these choices, what would you do?

- a. Blow her off to look cool to your friends.
- b. Let her play so you can beat her.
- c. Treat her as an equal and let her join the game.
- d. Tease her and tell her girls are not as good at video games as guys."

After the boy chooses, ask the audience whether they agree with his choice. Even if he chooses correctly, you should still probe and begin discussion around why the other choices are disrespectful.

Response A. Blow her off to look cool to your friends

OR

Response D. Tease her and tell her girls are not as good at video games as guys.

Probing questions to the audience:

- Are either of these choices showing respect?
- Have you ever made fun of a girl just because she is a girl? If so, do you see how doing that is hurtful and shows no respect?

Take away message: Just because girls and boys are different doesn't mean one sex is superior to the other. All human beings deserve respect. Just as there are differences between boys and girls, there are differences between all people. One girl is not exactly like another. Everyone has his or her own strengths and talents. Don't make assumptions about someone based on whether they are a boy or a girl.

Response B. Let her play so you can beat her.

- Why is this choice not very respectful?
- Do you see how this choice is similar to response a?

Take away message: Much like response a, an assumption is made that the girl isn't as good at video games just because she is a girl. Treating someone as if she were inferior makes her feel inferior, and that is why this choice doesn't show respect.

Response C. Treat her as an equal and let her join the game

- Is this the respectful choice? Why or why not?
- Give me examples of what might happen next and how that should be handled? Do you think his friends might make fun of her? If that happened, what should he do?

Take away message: If someone is your friend, you should treat them with respect even in situations where you might get made fun of because it is the right thing to do. It is also very important to remember that you can't always judge a book by its cover. You may not think most girls are good at video games, but you can't assume all girls are the same, just as it isn't right for a girl to assume all boys are the same. Get to know people for who they are individually and treat them with respect.

After you have completed Scenario 3, thank your volunteer and ask him to sit down. Now ask for a female to come up on stage.

Scenario 4:

Ask the new volunteer's name and introduce her to the crowd. Now make her feel comfortable and ask her a couple of questions such as:

What's your favorite band or artist?

Do you sing?

Are you athletic? Do you play sports?

"Now here is your scenario. Let's say your friend makes the cheerleading squad but you don't. You become jealous. What would you do? Here are your choices

- a. Tell your friends what a lousy job you think she's going to do.
- b. Tell her it was just luck she made it.
- c. Congratulate her.
- d. Ignore her in the hallways."

After the girl has answered the question, open it up to the audience for discussion. Review all the choices and why each is or isn't showing respect.

Response A. Tell your friends what a lousy job you think she's going to do.

Probing questions to the audience:

- Is this the respectful choice? Why or why not?
- Has someone ever said something like this to you? If so, how did it make you feel?

Take away message: Sometimes people try to tear down others so they feel better about themselves. Instead of actually feeling better about yourself though, you end up feeling guilty that you hurt one of your friends. By being truly happy for your friend, your jealousy will start to fade. True friends wish the best for one another no matter what.

Response B. Tell her it was just luck she made it

Probing questions for the audience:

- Could it have been luck that she made the cheerleading squad? Does it matter?
- By making this statement, what would you really be saying?

Take away message: By saying your friend's accomplishment was all luck you are really saying that she isn't talented and didn't deserve it. When someone has worked hard for something, saying that it was all luck diminishes the accomplishment. Recognize and celebrate your friend's talent by being an encouraging friend.

Response C. Congratulate her

- Is this response showing respect?
- Even if you are feeling a little jealousy, do you see how it is better to be happy for a friend?

Take away message: Even if you are feeling bad about not being able to achieve the same accomplishment as a friend, support and celebrate the hard work they put in. Friends are supposed to be there for each other through the good and bad. Your friend should help make you feel better about not making the team just as you don't try to make her feel bad about making it.

Response D. Ignore her in the hallways

- Why or why isn't this response showing respect?
- How would it make you feel to have a close friend begin ignoring you all of the sudden?

Take away message: Ignoring someone is never a way to show respect. Talk through issues even if it might be a hard conversation to have. By doing so, you are telling your friend that your friendship with them is important enough to make the effort rather than blow it off like it never mattered.

Wrap it up

Thank your guests and audience members for participating and sign off with the phrase "Choose respect. Give it, get it."