

Reflections on Respect



Give youth the opportunity to write their thoughts related to respect and healthy behaviors without sharing them with the group.

Why?

Some young people are shy about sharing their thoughts openly with others. However, personal reflections are really essential for change. Writing about the issues of dating abuse can help youth take the next step in learning how to choose respect.

Where and When?

Blend this into another Choose Respect activity or use it in an English class or writing class in school, or a program at the community center or library.

How?

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

Give them the tools they need.

Start by helping youth learn about dating abuse and sort out what is healthy and what is not. Review the Choose Respect Pocket Guides or show the 13-minute Choose Respect video for teen audiences, *Causing Pain: Real Stories of Dating Abuse and Violence*. The *Video Discussion Guide* will help you lead a discussion on the video, and contains Choose Respect messages. If the group is large, divide into groups of four to six youth, with one discussion leader in each group. Talk about:

- Signs of healthy and unhealthy relationships
- Reasons why any kind of abuse in a relationship is not acceptable
- Warning signs of disrespectful and unsafe relationships
- Why it is important to have healthy, positive relationships with family, friends, and others

Give them time to journal.

Give youth an appropriate amount of time (based on the total amount of time you have) to write about a dating abuse issue. Suggested questions include:

- Have you or someone close to you (friends or family) ever been in an unhealthy relationship? How could you tell? What did you do about it?
- What do you think a healthy relationship means?
- How would you respond if a friend was in an unhealthy relationship?
- Do you have a relationship with a friend or boyfriend/girlfriend that is unhealthy? What can you do to improve it?
- Do you have a relationship with a friend or boyfriend/girlfriend that is healthy? What makes it healthy?

Want to Do More?

- Teachers may assign at-home journal assignments related to Choose Respect so youth continue to think about healthy relationships.

Resources Needed:

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| <input type="checkbox"/> 13-minute Choose Respect video for teen audiences, <i>Causing Pain: Real Stories of Dating Abuse and Violence</i> | <input type="checkbox"/> TV with DVD player (or video may be downloaded from www.chooserespect.org) |
| <input type="checkbox"/> Meeting space | <input type="checkbox"/> Choose Respect Pocket Guides |
| <input type="checkbox"/> 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 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.