

# Choose Respect Parent Passport



Parents receive a stamp in a *Choose Respect Parent Passport* for each Choose Respect activity they complete with their child or children.

## Why?

Parents can have a positive or negative influence on the quality of relationships their children form. A family environment that is filled with parental affection, support, and supervision protects youth from becoming victims or perpetrators of relationship abuse. *Choose Respect Parent Passport* gives parents fun activities to do with kids that promote healthy relationships.

## Where and When?

*Choose Respect Parent Passport* is an ideal activity for an organization such as a community- or faith-based organization to share with families. *Choose Respect Passport* activities may be done at home whenever it is convenient for the parent and child.

## How?

A sample *Choose Respect Parent Passport* and Choose Respect logo passport stamp file for use with Avery labels can be found in the Zone 2 resources on the USB Flash Drive that comes with this Playbook. Download Choose Respect materials for parents from [www.chooserespect.org](http://www.chooserespect.org). 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.

## How to apply for a passport.

A community- or faith-based organization can kick off *Choose Respect Passport* by issuing passports to parents and explaining the activity. To take part, parents must complete activities with their child that support healthy and respectful relationships. For each activity completed, parents receive a stamp in their passport. When they have completed five activities with their child or children, parents receive a prize. Here are some ideas for passport activities:

- Visit the Choose Respect website ([www.chooserespect.org](http://www.chooserespect.org)). From the Home page, click link to send an e-card to your child.

- Visit the Choose Respect website ([www.chooserespect.org](http://www.chooserespect.org)). From the home page, click the link for Materials, then click the link for Wallet Card. Take the True/False Quiz on the Wallet Card. Put the card in your wallet to refer to later.
- Visit the Choose Respect website ([www.chooserespect.org](http://www.chooserespect.org)). From the home page, click the link for Information for Parents. From this page, select one of the following articles and work through the activities with your child (each article counts as one activity):
  - Talk With Your Child
  - Encourage Your Child to Choose Friends Wisely
  - Encourage Your Child to Choose Respect
  - Set Rules About Dating
  - Teach Your Child Refusal Skills
  - What If Your Child Is Experiencing Dating Abuse?
  - What If Your Child Is Being Abusive?
- Visit the Choose Respect website ([www.chooserespect.org](http://www.chooserespect.org)). From the Home page, click the link for Information for Parents, then the link for Parent Materials, then the link for the 13-minute video *Causing Pain: Real Stories of Dating Abuse and Violence*. View the video online with your child/children, or download and watch. Talk about the video with your child/children. Use the *Video Q & A* as a guide to ask and answer questions.
- Visit your local library. Select books that reinforce the Choose Respect messages to read with your child. Some suggested topics include:
  - Anger Control
  - Problem Solving
  - Negotiation and Compromise
  - Fighting Fair
  - Understanding
  - Listening
  - Being a Role Model
  - Compassion
  - Respect
  - Dealing with Jealousy
  - Forgiveness

You might also ask the librarian to help with choices appropriate for your child's reading range.

There are two options for passport stamps.

- Parents stamp their own passports: hand out stamps and passports to the parents. As they complete activities, the parents put Choose Respect logo stamps in the passport. When the passport has five stamps, the parent brings the passport to the sponsoring organization to receive prizes such as free passes or coupons from local merchants.
- Sponsoring organization stamps the passports: as parents complete an activity with their child or children, they bring their passport in to the sponsoring organization to get a stamp. When the passport has five stamps, the parents receive prizes such as free passes or coupons from local merchants.

## Want to Do More?

- The sponsoring organization can work together with parents to create other activities that may be used to earn *Choose Respect Passport* stamps.
- Include the parent activities for schools and communities found at the Choose Respect website, [www.chooserespect.org](http://www.chooserespect.org).

You might want to schedule an awards occasion to give parents a timeframe for their activities.

For families that may not have Internet access, consider printing and distributing materials or articles. Most of the materials from the website can be found in the Zone 2 resources on the USB Flash Drive that comes with this Playbook.

## Resources Needed:

- Computer with Internet access to watch or download materials and the 13-minute Choose Respect video for teen audiences, *Causing Pain: Real Stories of Dating Abuse and Violence*.
- Prizes for parents such as free passes or coupons from local merchants
- Choose Respect Passport
- Choose Respect logo passport stamps
- Video Q & A

## 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.





# PASSPORT

**Sent an e-card  
from the Choose  
Respect website**

**Watched/  
discussed  
Causing Pain**

**Taught  
my child  
refusal skills**

**Read "A Role  
for Adults"**

**Took the Quiz  
on the Choose  
Respect website**

**Took the T/F Quiz  
on the Parent  
Wallet Card**

**Encouraged my  
child to choose  
friends wisely**

**Encouraged my  
child to choose  
respect**

**Read Choose  
Respect books  
with my child**

**Set Dating Rules  
with my child**

**Read the "What if  
my child is being  
abused?" article**

**Read the "What if  
my child is being  
abusive?" article**