

CHOOSE

RESPECT

Section Two: Introduction and General Overview

Use this section of the guide to give your group an overview of Choose Respect and help them learn the characteristics of healthy and unhealthy relationships. These concepts provide key background information, regardless of which discussion format you choose. This section will also get the group ready to view the video, *Causing Pain: Real Stories of Dating Abuse and Violence*.

Display PowerPoint slides to allow participants to follow along with presentation information. PowerPoint slide presentations can be found on the CD that goes with this guide.



Section Two:

Introduction and General Overview

Slides:

1 Today's Activities

- Welcome
- Icebreaker
 - If I were an animal, I would be a . . .
 - Your similarities
 - Strengths of the animal
 - The thing you like most about the animal is . . .
- Logistics
- Ground Rules

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Notes:

Welcome

Slide 1

Welcome each person to the group session. If participants already know each other, ask the group about their day (e.g., How was gym class? Did the football team win last night?) If introductions are needed, begin with a 15-minute icebreaker.

Introduction Icebreaker

Distribute paper and pencils to participants. Ask participants to consider and draw the animal that best represents them. What are the animal's strengths and weaknesses? How is the animal like the participant?

Youth: After all participants have completed their drawings, ask them to briefly introduce themselves with their name, grade, and school (if necessary).

Adults: Parents and caring adults should state their names and whether they work with youth. If they work with youth, they should say where they work and the age range of the youth. If they have children, participants can tell the number of children and their ages.

All: Participants show their drawings to the class and complete the phrases:

- » "If I were an animal, I would be a . . ."
- » "Like me, the animal is (list characteristics of the animal that are similar to you) . . ."
- » "I chose this animal because it's good at . . ."
- » "The thing I like most about the animal is . . ."

Logistics

Remind the group about restroom and water fountain locations. Address specific rules such as turning off cell phones and other electronic devices.



Ground Rules

Begin by reviewing the Ground Rules. Address specific rules such as turning off cell phones and other electronic devices. To model respect, ask the audience to add to the list any other rules they consider appropriate. Post the list where everyone can see it during the discussion.

Newsprint:

Ground Rules

- Everyone has the right to participate.
- Respect all opinions.
- All questions are welcome.
- Do not interrupt each other, only one person should talk at a time.
- Listen to each other.
- Talk about your own stories and not about others in the group.
- Personal stories stay in the room.
- Respect each other's feelings.
- No put-downs or insults like making fun or laughing.

A

Notes:

NEWSPRINT :

Ground Rules

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Choose Respect Overview

Slide 2

Take a few minutes to discuss the Choose Respect initiative. Refer to the “Choose Respect Overview” located in **Appendix A** to make copies for participants to use during or after the session.

STATE :

Choose Respect is designed to motivate youth to form healthy relationships to prevent dating abuse before it starts. It teaches youth to identify unhealthy relationship behaviors and take steps to form respectful relationships. Choose Respect encourages youth to think about what it means to maintain a healthy relationship with their friends and family members. Choose Respect reaches out to youth ages 11–14 years old and connects with parents and other caring adults who influence the lives of youth. Choose Respect seeks to reinforce and sustain these positive attitudes among youth as they get older and begin to enter dating relationships by:

- » Creating opportunities for youth and communities to support healthy and respectful relationships
- » Providing effective messages for youth, parents, caregivers, and teachers that encourage youth to treat themselves and others with respect
- » Increasing the ability of youth and the caring adults in their lives to recognize and prevent unhealthy, abusive relationships
- » Promoting ways for a variety of audiences to get information and other tools to prevent dating abuse

Specifically, we aim to help youth develop and maintain healthy relationships, recognize and avoid abusive relationships, and know where to go for help. Choose Respect’s messages are not just relevant to dating; the skills that youth use to develop healthy, respectful relationships are the same skills that they can use in other aspects of life.

Slides:

- 1 Choose Respect Initiative
 - Purpose of the Initiative
 - Target Audience:
 - Youth ages 11 to 14 years old
 - Parents and other caring adults who influence the lives of youth
 - Helps youth:
 - Develop and maintain healthy relationships
 - Recognize and avoid abusive relationships
 - Know where to go for help

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Notes:

Slides:

- Why Youth Ages 11 to 14?
- Many youth look forward to dating at this age
 - Youth have important relationships with their friends
 - Relationships with their friends determine how they act with dates and friends as adults
 - Choose Respect lessons learned will carry into future relationships

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Notes:

STATE :

The main target audience for Choose Respect is youth ages 11–14. As they grow and develop into young adults, many look forward to dating. At this age, they also have relationships with their friends who are very important to them. How they relate to their friends at a young age will most likely determine how they act with dates and friends as adults.

The lessons they learn about respect, healthy and unhealthy relationships, and what's right or wrong will carry over into future relationships. It's important for youth to recognize healthy relationships.

For Parents/Adults Also STATE :

Many adults say they have trouble talking to youth about sensitive issues. There may be a lot of differences in the youth of today and your generation—think about how you communicated with your first crush—I doubt anyone here sent a text message!

What is not different is the intensity of feelings youth have and how important these relationships are to them. It is important for you to think about your past experiences at that age so you will be able to better relate to youth. Often, remembering our own experiences makes it easier to put ourselves in their shoes and have a better idea of what they're going through at this point in their lives.

Choosing Respect in Relationships

We call it “Choose Respect” because we want you (youth) to choose respect in ALL of your (their) relationships—with your (their) friends, family, teachers, other adults, and your (their) peers—at all times.

Slides:

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Choosing Respect in Relationships

- What does respect mean to you?
- How does someone give and get respect?



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People Who Respect Each Other:

- Are open and honest about feelings and expectations
- Try to put themselves in others' situations
- Give each other the benefit of the doubt
- Take time to cool off, listen, and talk things out
- Break down a problem and look for win-win solutions
- Think before speaking or acting out in anger
- Give and get respect



Notes:

Slide 4

ASK :

What does respect mean to you? How does someone get and give respect?

Allow time for a short discussion.

Slide 5

STATE :

Respect is a pattern of behavior that's found in healthy relationships. People who respect each other:

- » Are open and honest about feelings and expectations
- » Try to put themselves in others' situations
- » Give each other the benefit of the doubt
- » When having a disagreement, take time to cool off, listen, and then talk things out
- » Break down a problem into manageable pieces
- » Look for win-win solutions
- » Think before speaking or acting out in anger
- » Show respect for others and expect the same in return

You (youth) have a choice about the kind of relationships you (they) want to have with friends, peers, and other people. You (they) can have a healthy relationship and be loved and treated well by someone you (they) care about when you (they) make a personal decision to give and get respect.

When you (youth) give respect to others, they will feel good about themselves and the relationship. Others will give you

(youth) respect in return, which will make you (them) feel respected. Give it to get it.

Slides:

Healthy vs. Unhealthy Relationships

What is a healthy relationship?

Traits of a healthy relationship

- Assertiveness
- Understanding
- Trust
- Fighting fair
- Problem solving
- Negotiation and compromise
- Anger control
- Being a role model

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Notes:

Slide 6

STATE :

What is a healthy relationship?

Any relationship that you have in your teens will affect your relationships later in life. The lessons you learn about respect, healthy versus unhealthy relationships, and what's right or wrong will carry over into future relationships. So it's important to recognize the traits of a healthy relationship.

Healthy relationships include:

- » Assertiveness
- » Understanding
- » Trust
- » Fighting fair
- » Problem solving
- » Negotiation and compromise
- » Anger control
- » Being a role model

Slides:

Healthy vs. Unhealthy Relationships (cont'd)

What is an unhealthy relationship?

Traits of an unhealthy relationship:

- Yelling, name calling, put-downs
- Gossiping about a dating partner
- Controlling how a dating partner dresses and/or acts
- Ignoring or giving someone the silent treatment
- Slapping, hitting, shoving
- Unwanted touching or sexual activity

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Notes:

- » **Assertiveness.** *Confirm* – Having confidence in yourself can help your relationships with others. Speak honestly and openly about your feelings and expectations in a relationship to avoid miscommunication.
- » **Understanding.** *Confirm* – Take a minute to understand what others might be feeling—put yourself in their shoes. It can improve your communication skills, too.
- » **Trust.** *Confirm* – Without trust, there’s no way to have a healthy relationship. Choose to trust each other and give each other the benefit of the doubt.
- » **Fighting fair.** *Confirm* – Everyone will argue at some point, but those who are fair, stick to the subject, and avoid insults are more likely to come up with a possible solution. Take a short break if the discussion gets too heated.
- » **Problem solving.** *Confirm* – You can learn to solve problems and identify new solutions by breaking a problem into small parts or by talking through the situation.
- » **Negotiation and compromise.** *Confirm* – You won’t always get your way. Acknowledge different points of view, be willing to give and take, and look for win-win situations whenever possible.
- » **Anger control.** *Confirm* – We all get angry, but how we express it can affect our relationships with others. Anger can be handled in healthy ways such as taking a deep breath, counting to 10, or talking it out.
- » **Being a role model.** *Confirm* – By modeling what respect means, you will inspire your boyfriend or girlfriend, your friends, and your family to model respect, too. Take every opportunity to give respect.



Slide 7

STATE :

Relationships can be hard work. It’s normal to have ups and downs. But there are some things that just do not belong in a healthy relationship. These are behaviors from the other person in the relationship that make you (youth) feel uncomfortable, make you (youth) feel bad about yourself (themselves), or scared or ashamed to be yourself (themselves).

These include:

- » Yelling, name calling, put-downs
- » Gossiping or telling stories about a dating partner
- » Controlling how a dating partner dresses and/or acts
- » Ignoring or giving someone the silent treatment
- » Slapping, hitting, shoving

Slides:

Youth in Abusive Relationships Are More Likely to:

- Have low self-esteem
- Be depressed
- Binge drink
- Use drugs
- Have eating disorders
- Get seriously injured
- Practice unsafe sex with multiple partners

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Notes:

- » Unwanted touching or forcing someone into sexual activity against his/her will

These things are not about love or respect. These are signs of an unhealthy relationship. It's dating abuse. It can happen to anyone—to you (your kids), your friends (their friends), or other (their) classmates. It happens to guys and girls. It happens in same-sex relationships. Even if it happens once, it's not what you deserve. You deserve respect.

Emphasize that if nothing is done about that abuse, it's likely to become more severe and begin to include sexual and physical abuse.



Slide 8

STATE :

Research shows that youth involved in abusive relationships are more likely to:

- » Have low self-esteem
- » Be depressed
- » Engage in binge drinking
- » Engage in drug use
- » Experience eating disorders
- » Suffer serious injuries
- » Practice unsafe sex with multiple partners placing them at risk for pregnancy and sexually transmitted diseases, including HIV/AIDS

This is why you should be concerned about dating abuse and preventing abuse before it starts. It not only affects your (their) emotional health, but can deeply affect your (their) overall well-being. Choose Respect teaches the difference between healthy and unhealthy relationships and the importance of establishing and maintaining healthy relationships.

Ask participants what questions they have to check for understanding. If necessary, explain information again and reiterate Choose Respect messages.