

# RESPECT (keep it going!) KIT

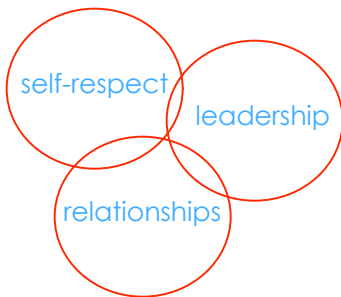
## a respect-building program for teens

### Leader's Guide

*Co-lead with teens a Respect Pod program for 6 to 18 weeks!*

By Courtney Macavinta

founder of Respect Rx and co-author of RESPECT



Includes activities from our popular Respect Rally attended by thousands of teens! We've been featured by *CNN, USA Today, National Public Radio, Teen Vogue* and others!



# RESPECT (keep it going!) KIT

a respect-building program for teens

Leader's Guide

By Courtney Macavinta



RespectRx.com

1743 Park Avenue #429 • San Jose, CA 95126  
415.315.9707 • kit@respectrx.com

**Respect Rx** is a social venture that coaches teens, young adults, advocates and organizations to boost self-respect, relationship respect and respect for all. Respect Rx has reached more than a million teens and adults through programs, such as the ground-breaking Respect Rally, the *Respect: Keep It Going! Kit* and media. We've been featured by CNN, Fox, ABC, NBC, *USA Today*, National Public Radio, *CosmoGIRL!*, *Glamour*, *Mothering*, *Teen Vogue* and other media. Our national partners and clients include Derek Jeter's Turn 2 Foundation, Girls For A Change, Girls Scouts of the USA, the Dove Self-Esteem Fund, Girls Inc., KIPP, The National Campaign to Prevent Teen and Unplanned Pregnancy and schools around the country.

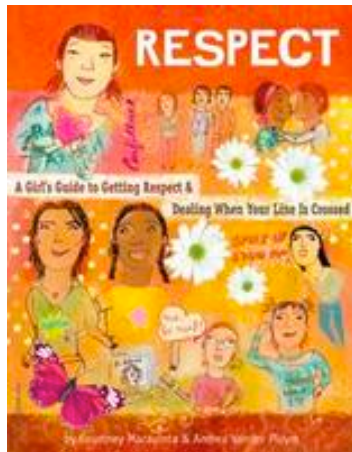
**Courtney Macavinta**, Respect Rx's founder, is an award-winning journalist, speaker, coach and co-author of *RESPECT: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed* (Free Spirit Publishing, 2005), which has won both IPPY and iParenting awards. Throughout her tumultuous teens, Courtney dealt with many of the same issues youth face today. Her hard-working family struggled for respect amid substance abuse, incarceration, violence, high-school dropout, teen pregnancy and racism. Like many, she fought to find respect without a compass or clue—then discovered it was within her all along. Today that is her message to people everywhere: *Respect is always within reach because true respect starts on the inside*. Courtney has spoken, trained or led programs for thousands of teens and adults across the country and at special events such the Democratic National Convention.

Trademark and Copyright  
© Copyright 2009, Respect Rx LLC

™ Respect Rx, Respect Rally and Respect Basics are registered trademarks of Respect Rx LLC.

**Permissions:** The *Respect: Keep It Going! Kit* may be used by non-profit organizations, not-for-profit advocacy groups, and schools for non-commercial and educational use only. One site (chapter/affiliate/council/school location) per purchase has permission to use the Kit. Those who legally purchase the Kit may download additional PDF versions for the site which resides at the address on your sales receipt. But you may not make copies for multiple sites. Videos on the Respect Connect website may be used only on that website or for Kit activities and may not be downloaded and distributed elsewhere.

**Disclaimers:** This Kit is intended for youth development and educational use only and not for medical or therapeutic use. To our knowledge, outside resources offered were available at the time of printing. We are not liable for accuracy of outside resources offered and don't offer warranties of any kind for them. The materials in this Kit are provided "as is" and without warranties of any kind, either express or implied. Under no circumstances, including but not limited to negligence, will we be liable for any special or consequential damages that result from the use of, or the inability to use, the materials in this Kit. In no event shall the total liability to you by us for all damages, losses and causes of action (whether in contract, tort or otherwise) exceed the amount paid by you to us, if any, for purchasing this Kit



[freespirit.com](http://freespirit.com)  
1.800.735.7323  
discounts available  
for non-profits

Get the book for  
teen girls!

"The best book of its kind that I've  
read—by FAR!"

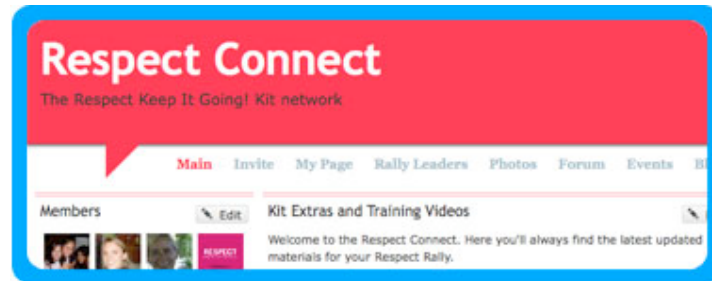
—**Carolyn See** of  
*The Washington Post*

"Respect inspires girls to replace self-  
doubt with far more powerful beliefs: self-  
respect, sisterhood, and social change. It  
offers young women both advice to live by  
and tools to spread the word."

—**Peggy Orenstein**, author  
*School Girls*

"Great book! A thorough guide that both  
parents and girls will love."

—**Rosalind Wiseman**, author  
*Queen Bees and Wannabees*



## Join the **RESPECT CONNECT** online network!

- ★ Free access to all updated and new Kit activities.
- ★ Special bonus sessions **just for GIRLS** from our original Kit.
- ★ PDF and Word versions of handouts and evaluations.
- ★ Video demos of select activities and training webinars.
- ★ Connect with other advocates and teens to share tips and creative ideas to enhance the Kit.
- ★ Report evaluation results and enter to **WIN** a free Respect Rally for your site or free books!

If you didn't receive an email invite to Respect Connect when you purchased your Kit, send an email to [kit@respectrx.com](mailto:kit@respectrx.com) with the subject **respect4all**, and you'll receive an invite to join our network.  
<http://respectconnect.ning.com>

## Get **TRAINED!**

- ★ You can register for tele-coaching or on-site training to help you implement the Kit at your site.

To inquire about training, contact us:  
415.315.9707 • [kit@respectrx.com](mailto:kit@respectrx.com)

## Table of Contents

### GETTING STARTED

Welcome	1
Kit Overview	2
Creating a Safe Space	5
Respect Pods Overview	7
Activity and Agenda Key	8

### RESPECT POD SESSIONS

Opening Day	9
Respect Basics	14
<b>MYSELF</b>	
Tell Your Truth	19
Know You're Valuable	23
Follow Your Passions	27
Trust Your Gut	32
Set Boundaries - Speak Up!	35
Be Compassionate - Listen	39
Get Help	44
Spread Respect	48
My Road to Respect	52

### MY RELATIONSHIPS

Disrespect & Violence	56
Communication	62
Relationship Pact	66

### MY WORLD

Know Your Mission	70
Plan Your Project	75
Make an Impact	79
Closing Day	81

### BONUS SESSIONS

After Your Rally 1	86
After Your Rally 2	88
Body Respect	92
Media	96
Bullying & Gossip	99
My Respect Practice	103

### APPENDIX

Handouts	106
Evaluations	123

## Welcome, Teens and Advocates!

My first memory in life is of my mother holding me up as a human shield to get my dad to stop beating her—I was just 2 years old. I later learned that before they turned 20, my parents had been victims of abuse. My dad also struggled with addiction and ended up in prison. My mom dropped out of high school when she became pregnant. Like me and my parents, many teens are dealing with abuse, disrespect and potential-limiting choices:

- **1 in every 2** females worldwide has been abused during her lifetime.
- **50%** of teens in serious relationships say they've gone against their beliefs to please their partner, including going further sexually than they wanted.
- **1 in 5** teens who've been in a serious relationship report being hit, slapped or pushed by a partner.
  - **3 out of 10** teen girls become pregnant.
  - **1 in 3** students drop out of high school.
  - **4 in 10** teen boys have a criminal record.

I believe respect is the remedy. As I've worked with thousands of teens and adults, I've never met anyone who doesn't want respect. I've always wanted it, especially when I was a teen struggling with heartbreaking issues like family addiction, violence, my own risky choices and super-negative thoughts about myself. And did I mention all of the disrespectful relationships I had with crushes, loves and friends? There were times when I honestly didn't have one shred of respect for myself or for others. I didn't always know how to get or give respect. Or how to bounce back when disrespect hurt me really badly. *Been there?*

Luckily, with the help of other teens, my mom, my sister, mentors, teachers, counselors and a big dream in life (to be a writer) I discovered what I call the [Respect Basics](#). I learned that respect is always within reach because true respect starts on the inside. And once you have it, the only way to keep it is to give it away. That's why I created the *RESPECT: Keep It Going! Kit*.

The program in this Kit helps teens to boost self-respect, create respectful relationships and learn how to spread respect for all. The program builds on the themes and activities featured in our popular Respect Rally program, which we've led for thousands of teens around the United States, as well as the award-winning book that I co-authored: *RESPECT: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed* (Free Spirit Publishing, 2005). After completing *just four sessions* of our program, teens report notable outcomes:

- **98%** of 500 teens surveyed understood the difference between respect and disrespect (up from 51% prior to the program)
  - **90%** of teens respected each other as equals (up from 65%)
  - **82%** felt equipped to make positive choices and act as role models (up from 42%)
  - **94%** said they feel more comfortable setting boundaries and speaking up (up from 70%)
- **81%** said they will get help when they were disrespected or to achieve their goals (up from 42%)

When you finish this Kit, I hope respect is the code you live by. I hope you learn that you can not only survive, but thrive. I hope you understand that no matter what you're going through—struggling to reach a goal, recovering from a tough time, pushing for change—that respect truly is the remedy. You can create a respect ripple effect throughout the world. And this world needs it. Trust me.

xoxoxox 



## Leaders: Kit Overview

### **What is the *Respect: Keep It Going! Kit*?**

The *Respect: Keep It Going! Kit* is a program for teens ages 13-18. Throughout the program, teens learn to use the Respect Basics in their lives and relationships and as leaders. The Kit is formatted as a facilitator guide and includes 18 Respect Pod sessions that are each 60 minutes, plus 6 bonus sessions. The program can be done from start to finish, or sessions can be completed in separate tracks to create shorter programs (see page 3). You also can use the sessions as individual workshops for a conference, camp or summit, for example.

### **What is a Respect Pod?**

A Respect Pod is like a club or study/support group where teens can be real, share and get support from each other. It's all about getting and giving total respect while working together to change their worlds, inside and out. Respect Pods meet weekly or bi-weekly.

### **What are the Respect Basics?**

The Respect Basics are eight principles that teens practice throughout Respect Pod sessions to build self-respect, mutual respect and respect for all. See page 13 for more details.

### **What is a Respect Rally?**

The Respect Rally is our signature summit led by Respect Rx or a trained Rally Leader who empowers teens to boost self-respect and spread respect for all through the Respect Basics. This Kit features most of popular activities we lead during Rallies.

### **What “style” is this program?**

The Kit was designed using coaching tools and techniques that deepen teens' learning, inspire them to take action and hold them accountable. The sessions are experiential; teens learn by doing. They practice and try new skills. They “unlock” their own learning when you ask them the open-ended Juicy Questions after each activity. They lead the process.

### **What kind of activities do Pods do?**

Through storytelling, music, group activities, talking circles, games, interactive skill-builders and visualization exercises, teens learn what respect truly means. *Will teens really do visualizations?* is a question we're often asked. The answer is: YES! For example, the Future Self visualization is one of the favorite activities of thousands of teens we've worked with at Rallies and workshops.

### **Who can lead a Respect Pod?**

Pod sessions are designed to be led primarily by and for teens with the support of an adult Sponsor. The Kit is written in a script format that teens can read. There are icons in every session marked “LEADERS” and “SPONSORS,” which give special instructions. The Kit also can be facilitated by Sponsors at schools, non-profit or community-based organizations, camps, prevention agencies, juvenile detention centers, faith-based organizations and others that have created a safe and trusted space to empower teens in their communities. Regardless, the sessions call for teens to lead many of the activities.

### **Who can be an adult Sponsor?**

This is up to your organization. We recommend a trusted, qualified adult, such as a teacher, guidance counselor, therapist or youth program leader. We recommend that this program be hosted by an established youth organization or school that has the capacity to get guardian permission for teens' and has the resources, training and procedures in place to follow up if a teen happens to report a life-threatening issue during a session, etc.

### How big are Pods?

The activities in this Kit are designed for a Respect Pod of 10 teens. A minimum of 6 teens are needed to make it truly effective. You can have multiple Pods going at the same time in one room. For example, if you have 30 teens in your class, you can divide into three pods of 10. As long as everyone can hear the teen or adult who is leading each activity, you'll be in good shape.

### How often do Pods meet?

Meeting weekly is ideal so you stay connected. Or you can even meet every other week or a few days a week. Decide what's best for your Pod.

### How is the program organized?

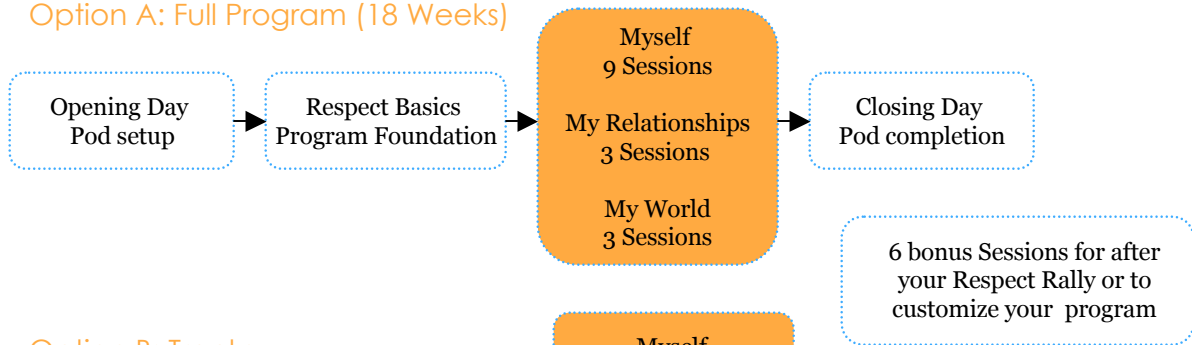
The Kit includes 24 Respect Pod sessions total. The full program is 18 weeks if you don't use bonus sessions. All of the sessions help build self-respect, healthier relationships and leadership/social change skills. You can complete all of the sessions in order or select tracks separately:

- **Opening Day & Closing Day:** 2 sessions
  - **Respect Basics:** 1 session
  - **Myself—Self-Respect:** 9 sessions
  - **My Relationships—Mutual Respect:** 3 sessions
  - **My World—Social Change and Leadership:** 3 sessions
- **Bonus Sessions**—Use after a Respect Rally or to customize your program: 6 sessions

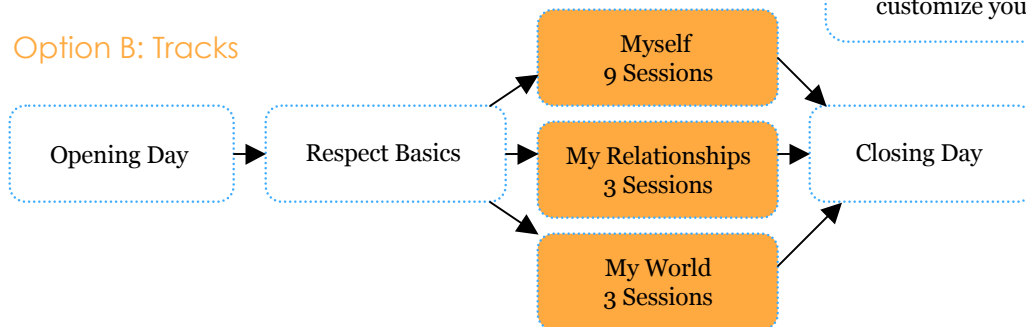
### Can we skip tracks or take breaks between tracks?

Ideally, we'd love to see you complete all of the sessions! But the Kit is designed to be flexible enough for groups that need shorter programs. For example, you could lead a program for 6, 12 or 15 weeks. Whatever approach you take, always start with Opening Day. Then complete the Respect Basics. Next pick the tracks you want to complete—Myself, My Relationships or My World—or do all three. Always end with Closing Day. If you want to do the full program, but will have long lags between programs (such as a summer break), we still recommend that you complete the Opening and Closing Sessions. However, in this case you can decide if you need to re-do the Respect Basics session for review when you begin the next track.

#### Option A: Full Program (18 Weeks)



#### Option B: Tracks



**How do I choose teens to co-lead the program or what if they don't volunteer?**

You can ask for volunteers at the end of each session or pre-assign teens to lead each session before your program starts. You can offer special incentives to inspire them to volunteer. For example, perhaps they can get service-learning credits for leading Pod sessions or leadership experience for future college or job applications. The expectation is for them to own their Pod and co-lead the sessions with your support. Make this clear at the beginning of the program.

**How do we use this Kit after a Respect Rally or Respect Connect workshop?**

You can use all of the sessions in the Kit. Some sessions do include variations of activities you completed at the Rally or another Respect Rx workshop. However, repeating these activities isn't a bad thing; in fact, it can deepen teens' learning. We've also included six bonus sessions with activities that you can complete directly after the Rally.

**What do teens get from the program (i.e. outcomes, evidence and evaluation)?**

For starters, we offer you pre- and post-evaluations to measure the changes teens experience and how well they're mastering the Respect Basics. We can help you design evaluations to measure specific desired outcomes. We also used trusted youth development research and resources to specifically design the program to:

- Support strengthening the Developmental Assets, as defined by the Search Institute, that have a proven relationship to healthy youth development.
- Meet several objectives for the Girl Scouts of the USA Leadership Journeys for Seniors and Ambassadors.

For a list of assets this program develops, go to

<http://www.respectrx.com/about/kit/outcomes.html>.

**Do you offer training to teach advocates to use this Kit?**

Yes! You can receive an on-site training for your entire staff or sign up for tele-coaching to support you in implementing the Kit. Contact: (415) 315-9707 or [kit@respectrx.com](mailto:kit@respectrx.com).

**Can I charge a fee to offer a program using this Kit?**

This Kit may be used only for not-for-profit activities. However, within a non-profit organization/school, you may charge a reasonable participant fee to support your delivery of the program. If you are leading a for-profit teen conference or program, you must contact Respect Rx to obtain permission to use our materials. Contact: (415) 315-9707 or [kit@respectrx.com](mailto:kit@respectrx.com).

**Do teens need a journal during Pod sessions?**

We provide a single handout for many sessions and we use journaling throughout. Teens will need pens and a blank journal or sheets of paper to complete most sessions.

**Can I photocopy the Kit?**

You'll need to photocopy handouts to provide teens with each session's materials. But we ask that you help us stay in compliance with federal copyright law by purchasing one Kit for each separate site where you'll use the program.

**Can I get a digital copy of the Kit and handouts?**

Yes! Once you join our free online network, Respect Connect (see page 5), you can always download the latest, updated PDF version of the Kit for FREE. Whenever we change or add activities, you'll have access to the latest updates. You can also download PDF and Word versions of all handouts and evaluations found in the Kit. You can easily modify them for your purposes and print copies.

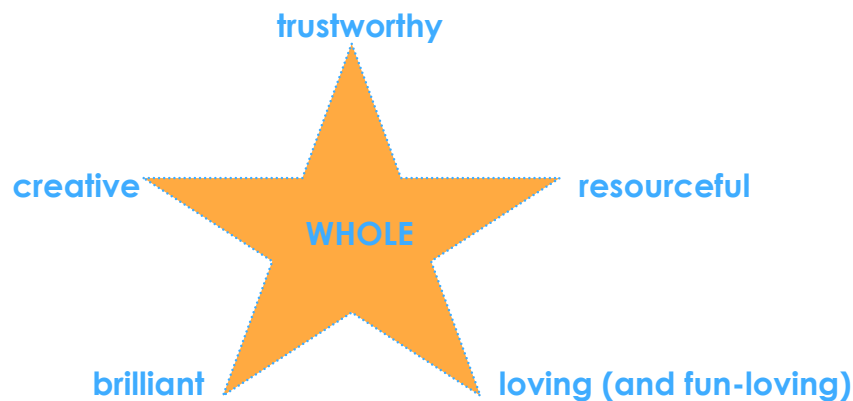
## Sponsors: Creating a Safe Space

Sponsors help create a safe space for teens and coaching to help them learn and share. On Respect Connect, we offer webinars with strategies you can use to create a safe space. Here is a checklist we advise you to complete before your first Respect Pod session:

- Register for Respect Connect.** After you register, you can gain access to training materials, including webinars that focus on how to use the Kit, demo certain activities and debrief activities so teens can get the most out of the sessions. You can also get free access to updated session templates, bonus activities and message boards where you can exchange ideas and best practices with other sponsors. Watch the Getting Started webinar series before your first session. And note that in the Prep section of the sessions, we recommend you watch certain webinars to help you get ready. If you didn't receive an invite to Respect Connect when you purchased your Kit, send an email to [kit@respectrx.com](mailto:kit@respectrx.com) with the SUBJECT **respect4all** and you'll receive an email invite to our network at <http://respectconnect.ning.com>.
- Review the entire Kit.** Get familiar with the flow of the program and decide how you want to roll out your sessions. Make sure to review the Respect Basics.
- Get a copy of RESPECT.** For some session activities, teens may read or do journaling assignments from *RESPECT: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed*. The book is helpful to girls and guys and provides additional context and resources. But please note that the Respect Basics have evolved since the book's publication.
- Complete the Respect Role Model and Respect Basics Wheel handouts.** Use these handouts to define how you want to show up for teens and which Respect Basics you're committed to working on. (See Handouts on page 105)
- Create a program schedule.** Decide when, where and at what time you'll meet with teens. Set the start and end dates for your program.
- Get site permission.** Take all of the necessary steps to get permission to run this program on your campus or at your organization. If you are a volunteer, make sure you have the staff support, training and clearance required to lead a program for youth at your site. For example, do you need to be fingerprinted to lead a group for youth at your site?
- Get guardian permission and support.** Follow the guardian permission process for your site or organization. We also recommend writing a letter to explain the program to guardians and to utilize them as a resource to deepen their teens' learning. For example, you could facilitate this Respect Basics session for guardians so they better understand the context of the program.
- Be aware that sensitive issues or strong emotions may come up.** When teens get together to talk about respect and disrespect, a wide range of issues and emotions could come up. It's wise to set up a process for how you will respond and support teens who may share sensitive issues as well as life-threatening issues such as abuse, self-harm, eating disorders and drug and alcohol abuse. Get support and best practices from your site, organization or school. Think about: What are your legal reporting requirements? What resources do you have access to? How can you follow up with teens who need or request support or resources?

## Sponsors: Creating a Safe Space (continued)

- Know your Mandated Reporting procedure.** The level of confidentiality you can promise teens depends on your organization's guidelines and whether you are a legally mandated reporter. In general, we think it creates a respectful space to make teens aware of any mandatory reporting requirements you must follow. Explain your role and what will happen if they share concerning content that you must report. (See Handouts on page 105)
- Create a More Resources Plan.** We advise that you have trusted resources on hand to offer teens if they need more support after the session. For example, you could create a folder of resources, a list of 1-800 national help lines or a detailed list of who they can turn to at your organization or in your community if they need more help with any topic, especially issues such as abuse, mental health issues or self-harm. Your plan should include how you'll follow up with teens who requested more support, or for those you believe need more support after a session. (See Handouts on page 105)
- Get special training as needed.** If you are working with populations of teens who have endured abuse, trauma, crime or severe neglect, it's wise to invest in additional training. For example, you may want to complete a training on how to respond when teens are triggered by past trauma or how to be mindful of triggers.
- Modify activities to honor your community, culture, language or your teens' special needs.** Coming from diverse backgrounds ourselves, we tried to make this Kit universal. Let us know if we succeeded, or how we can improve, via the Respect Connect network! If you need to change the wording of an activity, modify the physicality, translate text into another language or change the cultural context of activities to make them a better fit for your teens, please do!
- Prep for each session—Make it your own.** Although we tried to make the sessions simple, prep is still necessary. Work with your teen leaders to walk through each session to make sure you all understand the flow and context of each activity. Encourage teens to make the sessions their own by changing up the language as necessary.
- View teens as STARS.** Teens can lead and participate in these sessions full-out! It builds their self-respect and self-efficacy to take ownership of the Pod and their space. To help you create a trusting and mutually respectful space with teens, uphold your Respect Pact (see Opening Session) and view them as STARS\*:



*\*adapted from The Coaches Training Institute*

## Respect Pods: Overview

Here is how we recommend you set up your Pods:

✦ **10 teens per Pod:** However, you can have multiple Pods working together during one session.

✦ **1 Adult Sponsor:** You'll need to check your organization's minor-to-adult chaperone guidelines. However, one adult sponsor for up to 30 teens (3 Pods of 10) in a session should suffice. (See Page 5-6 for more guidelines)

✦ **2 teen Pod Leaders per session;** Each Pod session is ideally led by 2 teens so they can practice partnership and modeling mutual respect. If your organization prefers that an adult lead the Pod sessions, that's OK. Regardless, make sure to invite teens to lead individual activities. The Kit is written in a script format to make it easy for teens to lead each session. Some tips:

- Rotate the leadership team each Pod session so that every teen gets a chance to lead. A single Pod Leader shouldn't emerge. Leaders are simple "trusted" Pod members who lead an individual session for the sake of the Pod.
- Teens still participate in activities, even when they're leading the session. Sometimes we advise that a Sponsor lead an activity so teen leaders can fully participate.
- Before each session, the Sponsor should walk through the session with the volunteer leaders so everyone understands the flow, context and when the Sponsor will lead an activity, for example, when needed.

✦ **Up to 45 minutes to prep & 60 minutes for sessions:** Sessions are designed to be 1 hour, but you can modify them to fit your timeline (See Respect Connect for tips). You'll need about 45 mins. to prep for each session.

✦ **The Space:** You'll need a room where you can have teens sit in circles of 10 (and they'll need room to move around for many activities). A room that is quiet, includes a white board or wall to hang paper, and has a place to plug in a music player is ideal. But you can get creative if you want to meet outside some days; just check the prep list or the session.

✦ **Respect Pact and Check In/Check Out:** If you choose to skip Opening Session, do just a few sessions or do sessions out of order/periodically, always make sure to create a Respect Pact and check in/check out traditions before you start. Ask teens: *How can we respect each other here today?*

✦ **Journals and Handouts:** Teens use their journal and handouts throughout the sessions. Try to provide them with a journal or ask them bring a notebook. Always have extra paper and pens on hand. They'll use the journals to make a Respect Promise focused on what they'll work on in between each session. They can also do DIY assignments in between sessions to learn even more.

✦ **Photos:** You might want to take photos throughout your program to create a slideshow for Closing Day.

## Sessions: Agenda and Activity Key

Each Respect Pod session follows a similar format. The sessions are written in a script format to make them easy for Sponsors and teens to lead. But you don't have to read the scripts word-for-word. You can add your own personality if you've prepped well before the session.

**prep** 📅: How to prepare for this session, how to set up the room and the supplies needed for activities. Always read the Prep notes before a session and prepare with teen leaders. Answer their questions about terms or the activity instructions. Make any needed modifications together. (approx. 45 mins.)

🎵: Music can set the tone for each session or add fun energy. Have your two teen leaders pick a playlist for each session during Prep. You can play songs before check in and after check out.

**focus** 🎯: What teens will learn in this session (objective/desired outcome).

<b>check IN</b> 3 mins.	Start with your Pod's check-in tradition. You'll design this during Opening Day. This creates safety and a clear start to the session.
<b>POP &amp; stop!</b> 5 mins.	An icebreaker to help teens "pop" into the Pod get settled and to share how they're feeling today. It helps teens get present and connected.
<b>REtroSPECT</b> 5 mins.	Debrief what the teens learned from their Respect Promise activity from the previous session. This creates accountability.
<b>respect BOOSTER</b> 35 mins.	A discussion, game or activity to skill-build and learn about the session's focus.
<b>respect PROMISE</b> 5 mins.	A skill teens commit to practicing before the next session or an intention they set.
<b>check OUT</b> 3 mins.	End with your Pod's check-out tradition. You'll design this during Opening Day.



Coaching ideas or tips on how to modify activities.



Journaling that teens can do on their own between Pod Sessions.

### LEADERS:

Tips and notes for session leaders.


### Rx:

Key concept/learning objective that leaders should share with the Pod.

### JUICY QUESTION

Debrief question at the end of an activity.

## The Respect Basics: Defined

 **LEADERS & SPONSORS:** In the session, teens will define the Respect Basics for themselves. They get it! However, here are some definitions to help you prep:

### tell your **TRUTH**

*Be honest about who you are and your road to respect story.*

### know you're **VALUABLE**

*Believe that you're a valuable human being who is here for a reason—you are worthy of respect.*

### follow your **PASSIONS**

*Do what you love, and what you believe in, to strengthen your self-respect.*

### **TRUST** your gut

*Listen to yourself when making choices and setting boundaries.*

### set **BOUNDARIES** — speak up!

*Create personal limits based on your values and goals. Say no when you want to. Be clear about you need in relationships.*

### be **COMPASSIONATE** — listen

*Listen to others with an open heart, treat people how you want to be treated and respect others' boundaries.*

### get **HELP**

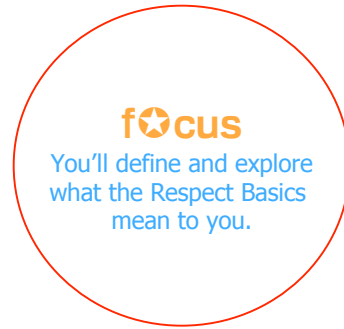
*Get support when you need it and to heal from disrespect.*

### **SPREAD** respect

*Be a leader who spreads respect in your daily life and our world.*



# The Respect Basics



## prep ☐

### ☐ Prior to session:

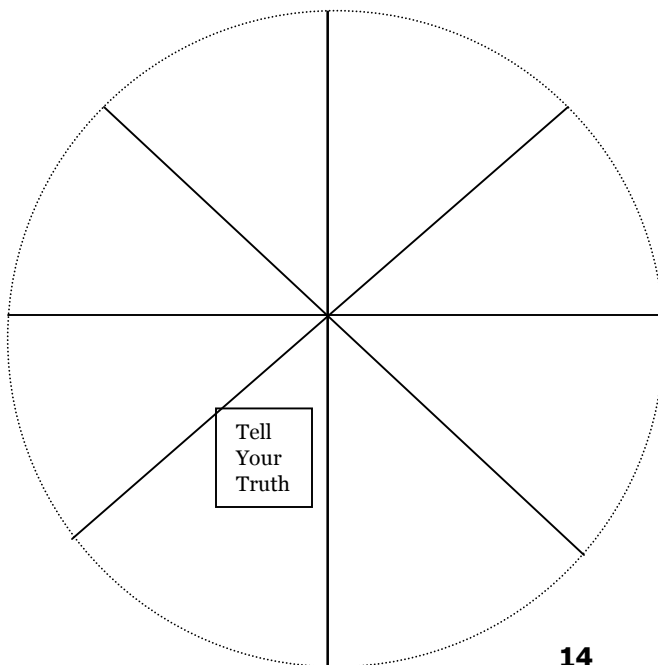
- ☐ Review the agenda with the two teens who decided to lead this session. Help them plan how they will co-lead the session. You might want to ask the last two leaders to offer them tips.
- ☐ 📺 Watch WHOOSH! video on Respect Connect to learn about this special acknowledgement.
- ☐ Decide how you want to set up Respect Booster 1. Depending on your space, you can modify it to have teens stand in two lines facing each other and step forward and back for each scenario.
- ☐ Make copies of the **Respect Basics Wheel** handout.

### ☐ Supplies:

- ☐ Blue painter's tape or masking tape
- ☐ 8 sheets of 8.5 x 11 paper
- ☐ Markers
- ☐ Handouts
- ☐ Flipchart/butcher paper or whiteboard/chalkboard

### ☐ Room setup:

- ☐ Organize chairs in a circle.
- ☐ Hang your Respect Pact and the Respect Basics in the front of the room.
- ☐ For Respect Booster 2: Tape a large "pizza wheel" with 8 slices on the floor. It should be about 7 feet wide. You don't need to outline the circle with tape. (See below.)
- ☐ In the small end of each slice, place an 8.5 x 11 sheet with a Respect Basic written on it.
- ☐ Write the questions for Respect Booster 2 on separate sheets of flipchart/butcher paper or a whiteboard/chalkboard so teens can refer to the questions as they participate.



---

**check IN** 3 mins.

---

Welcome back to our Respect Pod. We are all here to learn how to respect ourselves, create respect in our relationships and spread more respect in our world. We are your leaders for today's session—thank you for trusting us with this responsibility.

★ May we have a volunteer lead check in?

★ Now, please take a moment to silently review the Respect Pact hanging in the front of the room. (30 seconds)

---

**POP & stop!** 5 mins.

---

Now it's time for "Pop & Stop!" We'll always do this activity after check in to help us speak up more and get present so we can really focus on our time together. Let's have each of us complete this sentence:

*One thing I'm struggling with today is...*

OR

*One thing I'm proud about is...*

---

**respect BOOSTER 1: TAKE A STEP** 10 mins.

---

Each session we'll do Respect Boosters. Today our focus is to define and explore what the Respect Basics mean to you.

★ Please stand in a wide circle arms' length apart.

★ This activity is done in total silence. 🗨️ **LEADERS:** *Once you start, you may have to gently remind the Pod to hold the silence because the movement can cause giggles.*

★ We're going to read you some scenarios.

Before each scenario, we'll say "Take a step if..." and if you can relate to the scenario, you can take one step into the middle of the circle.

If you can't relate, don't take a step.

You don't have to take a step if you don't want to. Choose for yourself what to share. Please keep other people's answers confidential. As we move, it might get squishy—that's OK!

- Take a step if you've ever thought something really mean and critical about yourself, like "I'm fat, stupid or ugly."
- Take a step if you believe you're valuable.
- Take a step if you've ever been put down by someone else.
- Take a step if you've ever stood up for someone who was being hurt in some way.
- Take a step if you've ever been teased because of how you look, where you come from, or your race or ethnicity.
- Take a step if you have a dream.
- Take a step if you have ever known a teen or woman who's been abused in some way.
- Take a step if you're proud of something you've done.
- Take a step if you've ever been the victim of a rumor or gossiped about by your friends.
- Take a step if you love something about yourself.
- Take a step if you've ever felt like no one cared about you.
- Take a step if you and the teens in this room deserve respect.
- ★ Now sit down where you are and let's chat about what we learned.

**JUICY QUESTION** ❖ What does this activity show us? What did you learn about each other? What about when you were squished even if you didn't take a step—what did that show you?

➡ **Rx:** This activity shows us that we're not alone; many of us have experienced disrespect and self-respect, too. Also, when one person is disrespected—or spreads respect—it can "touch" all of us or get in our space.

---

respect **BOOSTER 2: EXPLORE the RESPECT BASICS** 25 mins.

---

🗨️ **SPONSOR:** You may want to facilitate this activity so teen leaders can participate fully. Now you're going to explore what the Respect Basics mean to you! See this wheel on the floor? Each slice has a Respect Basic.

★ To begin, walk quietly around the wheel. Stop in each slice and think about what this Basic means to you. It's OK to pass each other or cluster in a slice together.

★ Now can we have one volunteer from each slice define the Basic? Say:

*What this Basic means to me is...*

★ Now each of you should walk quietly around the wheel again. Stop next to a Respect Basic you know you're really good at now.

★ Pick a partner in your slice, and each of you should complete this sentence to each other: *I'm strong at this Basic because I...*

★ Next, walk around the circle again and pick one Basic you need to work on. Pick a partner in your slice, and each of you should complete this sentence to each other: *One way I can work on this Basic is to...*

**JUICY QUESTION** ❖ What are some ways the Basics can help you in your life right now?

🔄**Rx:** Most of us can get stronger at every Basic! Working on them takes practice—walking our talk.

---

respect **PROMISE** 5 mins.

---

Fill out the **Respect Basics Wheel** handout. Next, pick a partner and make a promise to each other:

*One way I'll respect myself more in the next week is...*

Write it in your journal so we can check in with you next session.

---

check **OUT** 5 mins.

---

Before we finish, who would like to be our 2 leaders for next session? Thanks! Please meet with our sponsor after check out to prep for the next session. If you need more support or resources after this session, please get help from our sponsor or another trusted person.

🕒 Who wants to lead check out? After our that, we'll be done for the day!

---

# RESPECT

(keep it going!) KIT

## True respect starts on the inside...

When teens' self-respect—and respect for others—is going strong, anything is possible. They make healthier choices, create respectful relationships, achieve their goals and become leaders who spread respect for all.

With this Kit, advocates can partner with teens to lead a respect-building program for 6 to 18 weeks. During their "Respect Pod" sessions, teens learn to:

- ★ use the Respect Basics to build self-respect and make healthy choices
- ★ value themselves
- ★ follow their passions
- ★ set boundaries and speak up
- ★ listen to their gut and compassionately listen to others
- ★ create relationships based on mutual respect
- ★ get help dealing with disrespect dilemmas, such as peer pressure, dating and domestic violence, bullying, negative body image, the "-isms" and other tough issues
- ★ lead social change to create a better world where all people are respected

### Pod Sessions are:

- 60-minutes, experiential and include group discussion
- easily shortened, customized to fit within a wider youth development program and require minimal prep and supplies
- designed using the same activity template to create a consistent experience
- written to be led by teens, adults or co-lead

### Also included in the Kit:

- evaluation templates and handouts
- membership to the Respect Connect social network, which includes training webinars, videos for Sessions, tips from other Kit users, a digital copy of the Kit and other resources

## PRAISE

"The Respect: Keep It Going! Kit is extraordinary in its ability to provide fun, low-risk exercises to explore some of the most challenging issues teens face. The lessons are easy to teach and they're full of heart. The Kit gets teens' attention right away. I am excited to work with this curriculum!"

—**Rachel Simmons, founder of the Girls Leadership Institute and author of *Odd Girl Out***

"Our faculty was trained to use the Respect: Keep It Going! Kit and we've have modified the lessons to use in a 6-week 'Respect Mini-Series' during our weekly homeroom meetings. It's very versatile and we're also using it across campus, such as during our student retreats and to train our grade-level student leaders. We're planning on implementing lessons in our homerooms every year as part of a school-wide goal to increase respect among our students."

—**Amy Gose, guidance counselor, Blessed Trinity Catholic High School in Georgia**

"As a result of the Respect Rx programs, many of the teens will be empowered to make changes that will help them develop into strong people who are confident, capable and self-reliant."

—**Robert Lehr, Connecticut Association of Schools and Dove Self-Esteem Fund Partner**

"Intuitive and organic, the activities were inspiring and incredibly impactful for the teens and adults alike."

—**Leanne Gluck, program manager, Girl Scouts of the USA**

"After the program, our students saw themselves as agents of change and developed ways to begin spreading respect locally and globally. If Respect Rallies happened at all schools across the nation, our world as a whole would definitely be impacted positively."

—**Stephanie Payes, counselor, KIPP San Jose Collegiate**

[www.respectrx.com](http://www.respectrx.com)