

10 Ways to Use RESPECT in Schools

1. Build Self-Respect. Use The 7 Respect Basics to show teens how respect is connected to everything—from their choices to how they feel about themselves to their future success.

2. Foster Mutual Respect. Help students set higher standards for how to give and get respect using the do's and don'ts in Chapter 1. Also, work with students to create and sign respect pacts for their classrooms and among friends (see Chapters 6 and 11).

3. Encourage Healthy Choices. Mentor teens about how to make self-respecting choices that are right for them. Chapters 1 through 3 and Chapter 8 are perfect for class discussions on how the mind-body connection contributes to a teen's overall success. They emphasize making choices that honor your values, gut instincts, and boundaries.

4. Promote Media Literacy. Have a class discussion on media myths and stereotypes that fuel disrespect and gender inequality. Use activities from the "Take Back the Media" section in Chapter 4.

5. Promote Equal Rights. Advance equality and self-respect starting with a discussion of "Your Rights" and "Inside The "-isms" (see Chapter 1). "REtroSPECT" sidebars throughout the book are also handy civil rights summaries that are great for kick-starting broader discussions.

6. End Sexual Harassment and Bullying. Set the tone for mutual respect by discussing the effects sexual harassment and bullying have on each student's education. Inform students of your school's antiharassment policy. Chapter 11 offers steps students can take to end harassment and promote a safe, enriching learning environment for everyone.

7. Raise Awareness About abuse and Dating Violence. Use the clear definitions and examples of abuse in Chapter 9 to discuss the effects of abuse and how students can get help, report crimes, or support a friend. Also discuss the difference between disrespectful and healthy relationships as described in Chapters 5 and 7.

8. Sponsor Self-Defense. To decrease violence, bullying, and abuse, teens need to learn how to de-escalate situations, how to defend themselves, and how to get help. Share the tips and strategies in Chapter 10. Also use the evidence presented to lobby your school to

teach self-defense techniques in PE class—especially for teen girls who represent the majority of victims of violent crimes.

9. Inspire Political Action. Using Chapter 12, show teens how they can take action to spread respect and become future leaders. Teachers can supplement government and history lesson plans with activities in the section “Make Your Voice Heard,” such as how to write letters to lawmakers or start a campaign for change.

10. Advocate Getting Help. Referencing “Help!” sidebars throughout the book, you can encourage teens to get help when it comes to dating violence, eating disorders, abuse, harassment, or everyday dilemmas they’re going through. Teach students how to find reliable support and resources using the “More Info” section (page 204) as a guide.