

# expectrespect®

A Program of SAFE

February 2017

Dear Principal and Lead Counselor,

February is National Teen Dating Violence Awareness and Prevention Month and students across Austin and the U.S. will be promoting safe and healthy teen relationships. The Expect Respect Program is pleased to provide your school with the following resources:

1. **A Proclamation** issued by the Travis County Commissioners Court designating February, 2017 as "Teen Dating Violence Awareness and Prevention Month."
2. **Two full-color 11x17 posters** that are intended to inspire students to Expect Respect in their dating relationships and to reject insults, threats and other forms of violence and abuse. Please display these posters in high-traffic areas and discuss the messages in class or Advisory.
3. **A script for five brief morning announcements** corresponding with themes from the poster. Please invite students to read the announcements over the public address system on five consecutive days during February.
4. **A bulletin board activity** to encourage conversation about healthy and unhealthy relationships. By adding their ideas and values to the bulletin board, students will increase awareness of unhealthy behaviors they may already be experiencing as well as the healthy behaviors they wish to see from their friends and partners.
5. **Advisory activities** that invite teachers and staff to deepen the conversation by asking students to consider what they value in their relationships.

Dating abuse is a problem that affects many teens and can result in serious consequences for victims and offenders as well as our entire community. Victimization is associated with increased risk for physical and mental health problems as well as unwanted pregnancy. In some cases, students can become so distraught during or after a break up that they are at increased risk of hurting themselves and others. It's important for young people to know the difference between a healthy and unhealthy relationship and be able to seek help for themselves and others. Teachers, counselors, administrators, nurses, coaches and parents can help by modelling healthy relationships, recognizing warning signs of dating abuse and keeping communication open about dating and relationships.

Please take this opportunity to educate your students, faculty and parents and let us know how we can help. More resources are available at [www.expectrespectaustin.org](http://www.expectrespectaustin.org).

Thank you!

The Expect Respect Team



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## Morning Announcements on Healthy Relationships

### Day #1

February is National Teen Dating Violence Awareness and Prevention Month. We are challenging everyone to examine their dating and personal relationships. Over the next five days we will bring you messages about healthy and unhealthy relationships. You may also notice these messages on posters around your school.

Today's challenge is to think about a relationship that is important to you. It could be with the person you're currently dating, a past relationship, or even a close friend. Take a minute to answer the following questions about your relationship and if possible share responses with your partner.

1. What do you consider important ingredients in a relationship?
2. How do you usually handle conflicts in your relationship?
3. How does your relationship make you feel about yourself?

Stay tuned for Days 2-5 for more tips on safe and healthy relationships.

### Day #2

#### ***I Am Strong***

Feeling strong is part of choosing and being in a healthy relationship. Partners in a healthy relationship share power, make decisions together and build each other up. In an unhealthy or abusive relationship, one partner often uses their power to hurt or control their partner, making them feel bad about themselves or even afraid.

Today's challenge is to consider the strengths you bring to your relationship. How do you and your partner share power? Are you both free to grow and make your own decisions?

### Day #3

#### ***I Am Unique***

Being unique in a relationship involves appreciating how you and your partner are different and giving each other space to be your unique selves.

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Today's challenge is to come up with 5 unique characteristics that you value about yourself and 5 unique characteristics that you value about your partner.

## **Day #4**

### ***I Am Confident***

Confidence is attractive! In a healthy relationship partners express their thoughts, feelings, and needs openly and respectfully. Expressing your feelings, even the difficult ones, can help deepen your connection, strengthen your relationship, and resolve conflicts.

Today's challenge is to have an open and respectful conversation with your partner about something that's been bothering you.

## **Day #5**

### ***I Do Not Accept Insults or Threats, I Expect Respect***

This week we've challenged you to be strong, unique, and confident and to expect respect in your dating relationships. Now we want to explore a few warning signs, or red flags, of dating abuse.

Extreme jealousy, insults and threats are unhealthy and can lead to more serious forms of dating abuse and violence. What other behaviors would you consider to be red flags? When does something cross the line from playful to hurtful?

If you or someone you know is experiencing abuse in a relationship, please reach out. Offer to go with them to speak with a supportive adult like a school counselor or Communities in Schools program manager. Ask your counselor if Expect Respect is available on your campus or contact us directly at [expectrespect@safeaustin.org](mailto:expectrespect@safeaustin.org) or on our 24-hour hotline, 512-267-SAFE (7233).

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## Bulletin Board Kit

Activate your students by giving them an opportunity to create their own messages about healthy relationships and share them with the entire school. This activity invites them to identify their strengths and their expectations for respect.

- Pick a public location that will be viewed by everyone in the school (library, cafeteria, main hallway)
- Use the example for the bulletin board (below) or use the elements provided in a unique and creative way!
- Copy and cut out response cards (below). Challenge students to create their own messages by filling out the response cards and adding them to the bulletin board.
- Spread the word by taking a picture of your bulletin board and posting it on social media with the hashtag #iexpectrespectATX

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## Example Bulletin Board

The bulletin board is divided into two main sections. The left section is a black vertical panel with white text. It features the phrase "I AM" at the top, followed by a horizontal line, then "&" in the center, another horizontal line, "I DO NOT ACCEPT" below that, a third horizontal line, and "I EXPECT RESPECT." at the bottom. At the very bottom of this panel is the "expectrespect" logo and the text "A Program of SAFE".

The right section is a white rectangular area. At the top right of this area, there is a red instruction: "[Students can post their responses here]". Below this instruction, four identical response cards are scattered. Each card is a white rectangle with a dashed border and contains the following text: "I AM" on the first line, "&" on the second line, "I DO NOT ACCEPT" on the third line, and "I EXPECT RESPECT." on the fourth line. The cards are tilted at various angles.

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## Response Card Template

**I AM**

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**&**

**I DO NOT ACCEPT**

---

**I EXPECT RESPECT.**

**I AM**

---

**&**

**I DO NOT ACCEPT**

---

**I EXPECT RESPECT.**

**I AM**

---

**&**

**I DO NOT ACCEPT**

---

**I EXPECT RESPECT.**

**I AM**

---

**&**

**I DO NOT ACCEPT**

---

**I EXPECT RESPECT.**

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## Advisory Activities

### Relationship Core Values Activity

- Ask students to brainstorm: *What ingredients make a loving relationship?* These are the things that make people feel loved, respected, and valued in a relationship.
- Write their answers on the board.
- Ask students to consider their own relationships. Ask them: *What are your core values in a relationship? What are the things you need most in order to invest your time and your feelings in someone?* Invite them to write down their responses on a piece of paper.
- Invite students to share out their core values.
- Reflect: *What core values do we have in common? Do we see these values reflected in relationships at our school?*

### Core Values Mannequin Challenge

- Ask students to choose their number one core value from their list.
- Have everyone stand up. Their goal is to create a frozen image with their body that communicates this core value in some way. For example: for 'fun' someone might be frozen like they're laughing.
- Give them a few moments to decide on their image and practice it.
- Tell them that everyone is going to share their image by freezing at the same time. Count everyone down "3-2-1, freeze!"
- The teacher (or another student) can film everyone frozen in their images like the "mannequin challenge." For more information on the mannequin challenge, visit: [en.wikipedia.org/wiki/Mannequin\\_Challenge](http://en.wikipedia.org/wiki/Mannequin_Challenge)
- If possible, brainstorm a loving relationship song to play in the background as you film.
- Share on social media and with the hashtag #iexpectrespectATX