

LET'S promote respect

Raise awareness about healthy relationships.

Theme

EQUITY AND HUMAN RIGHTS

SDG Connection **4** QUALITY EDUCATION**Skills** REFLECTION CRITICAL THINKING LEADERSHIP SKILLS SOCIAL AND EMOTIONAL LEARNING

AN INITIATIVE OF

EDUCATION+

Awareness + Action = Change

Whether with our parents and family members, friends and classmates, or our significant others, relationships are a big part of our lives. The bonds we form with other people are what make us human and help us feel connected and happy.

However, when relationships are unhealthy and include things like frequent conflict, pressure, stress, a lack of trust or respect, or other bad feelings, it can make life difficult and frustrating. If emotional, physical, or financial abuse is involved, it can also be dangerous. Young people, who may not have the role models, life experience or tools to deal with unhealthy relationships, are especially at risk of long-term effects from relationship violence. For example, teens who are victims of relationship violence report higher rates of truancy, more negative contact with their teachers, and increased conflict with other students.

Let's Promote Respect helps build understanding of the differences between healthy and unhealthy relationships, and provides tools to navigate and disengage from unhealthy relationships and instead form bonds with others that will enrich your life rather than endangering it.

FACT:

1 in 3 young people will experience dating abuse.



Campaign in Action

At Guilford Elementary, third grade students turned teamwork into action to give their playground a heartfelt upgrade! They teamed up with the district grounds crew to prep the playground for two new Buddy Benches, crafted by a former student and Eagle Scout. They also rolled up their sleeves to plant and water a new tree, turning their school grounds into a more welcoming place for all!

Ways to Take Action

**Empower yourself and others
to take action for positive,
healthy relationships!**



Types of Service

Choose the type that works best for you!

DIRECT

Direct service involves getting hands on with the project in person with those you are serving. For example:

- Teaching the signs of unhealthy relationships to fellow students and discussing steps they can take if they find themselves in an unhealthy relationship.

INDIRECT

Indirect service involves helping from a distance through material collection or donations. For example:

- Creating educational materials or videos to teach others about how they can build positive relationships.

ADVOCACY

Advocacy involves taking what you've learned about an issue and spreading that knowledge to others. For example:

- Create a promotional campaign about healthy relationships to post around your community, including contact information for resources if they need help.

Suggestions by Grade Level

GRADES 4–6

- ▶ Learn about the rules your school has in place to make sure students engage in safe, healthy relationships with one another.
- ▶ Share information and facts about healthy relationships with fellow classmates. You could make posters or make announcements over your school's PA system.
- ▶ Talk with your family about healthy and unhealthy relationships, and how family and friends can help you through difficult times.

GRADES 7–8

- ▶ Check if your school has policies regarding relationships and dating.
- ▶ Host a "Lunch and Learn" event where students meet to discuss the policies your school has. If your school doesn't have a policy, have a discussion around what you can do to advocate for one to be created.

GRADES 9–12

- ▶ Learn more about your school's Title IX policy or policy around relationship violence and sexual violence.
- ▶ Write a blog post or create a positivity campaign on social media or in your community to spread uplifting messages of hope to anyone looking for support.

Step 1: Investigate and Learn

Start here to learn about issues relating to relationships on a local, or even global level.

Learning Goals:

- Demonstrate the ability to conduct research to investigate and analyze social issues.
- Gain a comprehensive understanding of the social issue, including historical background, current manifestations, and key populations involved.
- Understand existing solutions put in place for the social issue and the effectiveness and/or limitations of these solutions.
- Consider what can be done to further improve solutions to the social issue using critical thinking and collaborative learning.

STEP 1: Investigate and Learn

CHECKLIST

- | | |
|---|---|
| ☐ Check out the Self-Advocacy Issue Card | ☐ Take Action by implementing your project! |
| ☐ Visit educationplus.org for additional resources | ☐ Reflect by completing Step 3: Take Action page |
| ☐ Conduct any additional research | ☐ Wrap up by completing Step 4: Report and Celebrate page! |
| ☐ Complete Step 1: Investigate and Learn page | ☐ Share on social media |
| ☐ Complete Step 2: Action Plan page | |



As you Investigate, Record what you Learn:

What aspects of positive relationships are you and your group passionate about? Before taking action, take time to learn more about the issues you care about and how they impact your school and community.

What are a few topics surrounding positive relationships (ex. recognizing unhealthy relationships, open communication, active listening, empathy, etc)?

Which topic would you like to focus on? Why?

Why is addressing this topic important?

What issues exist in your school or community (locally or globally) concerning this topic?

What actions have organizations or people taken to address these issues?

What can you do as an individual or group to tackle this issue?

Why is it important for you and others to have healthy, safe relationships?

Step 2: Action Plan

Step 2 will walk you through the planning process of your service-learning project. Be sure to work together - allow for everyone to have a voice at the table!

Learning Goals:

- Identify how you want to take action for your chosen social issue.
- Clearly define goals and objectives for your service-learning project and how you plan to achieve them.
- Create a realistic timeline for your service-learning project, including outlining your sequence of tasks.
- Build collaboration skills by assigning roles, communicating effectively and positively, and maintaining motivation.
- Effectively manage resources, such as planning for material collection, creating a budget, or gathering human resources for your service-learning project.

STEP 2: Action Plan

To help set yourself and your team up for success, start off by clarifying your plan for your project and setting your goals for your project.

SET YOUR GOALS

What issue are you taking action on? _____

How are you going to take action? _____

When will your action take place? _____

How will you encourage people to participate? _____

How will you measure your impact or success? _____

Create your Timeline or Steps

Create a timeline to help plan your actions! Plot the steps your group will take to gear up for your actions around the school or community.

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

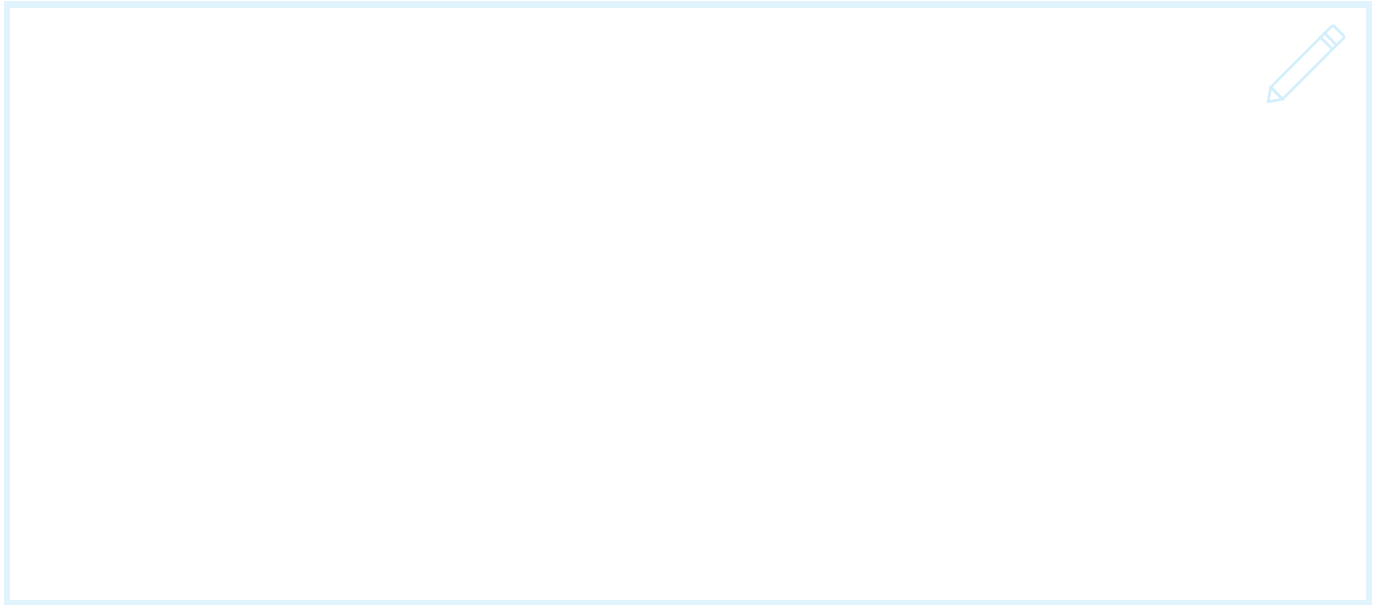
5. _____

10. _____

STEP 2: Action Plan Continued

Materials and Budget List

What supplies will you need? How much will the supplies cost?



Assign Roles

Think about everyone's individual strengths and passions to decide who in your group will be responsible for each task!

Task	Group Member(s) Responsible
ex. Collecting materials	

Step 3: Take Action

Now that you've learned about the social issue and you've planned your service-learning project, it's time to make it happen! Use this section after you're done to help you reflect on your experience.

Learning Goals:

During your service project:

- Gain a deeper understanding of the needs of your community and how you can make a difference.
- Organize and execute tasks effectively and efficiently.
- Build and maintain positive relationships with members of your community.
- Develop further skills in active listening, positive communication, and showing compassion to others.

Reflecting on your service project:

- Reflect on the importance of taking action on your chosen social issue.
- Analyze the project implementation, determine what went well and what could be improved.
- Evaluate your own learning, both about the social issue and the learning that came from the service-learning experience.
- Consider how you can continue to impact change.

STEP 3: Take Action

Whether it's being kind to a friend or advocating for safe relationships, every action contributes to a better and healthier world! So go ahead and take action and when you're done, this page will help you soak all the goodness in!

Tip: Get creative and find a fun way to rally people together such as making a catchy name to raise awareness or hosting an event online or in-person!



Share your pictures, progress and actions on social media with [#EducationPlus](#)

Reflect

What are some things you learned about your chosen issue? _____

How did your plan go? Did you run into any challenges? Is there anything you would do differently?

What did you learn about others through this experience? _____

What did you learn about yourself through this experience? _____

How did it feel to help make an impact? _____

How will you continue to raise awareness or make a further impact on this issue? _____

Step 4: Report and Celebrate

Congratulations on taking action and making an impact! Now, as a final step, use this section to reflect on your experience and evaluate your achievements.

Learning Goals:

- Gather facts and figures about your service-learning project to share with others.
- Determine how you would like to share your service-learning project with your school and community.
- Express gratitude towards all involved in the success of your project.
- Celebrate your personal and collaborative achievements together!

STEP 4: Report and Celebrate

Report

How many people participated in the Let's Promote Respect campaign? _____

How many people did you impact through your campaign? _____

What other measurable data or outcomes can you report? _____

Sharing about your project is so important and can inspire more action! How can you spread the word to others?

List key points from each step of the service-learning process you want to be sure to share with others:

1. Investigate and Learn:

3. Take Action:

2. Action Plan:

4. Report and Celebrate:

Celebrate

While sharing with others is part of celebrating, be sure to celebrate as a team! Use the space below to brainstorm fun ideas to celebrate and also how you'd like to thank everyone who supported your campaign. Congratulations!

HOW DO YOU WANT TO CELEBRATE?



We love to hear your stories! Feel free to share with us at info@educationplus.org!