



OUR MISSION IS TO MAKE RESPECT THE STATUS QUO. WE GIVE YOUTH AND THEIR INFLUENCERS TOOLS TO REDEFINE RESPECT AND BUILD SELF-RESPECT SO THEY CAN BREAK CYCLES OF DISRESPECT AND THRIVE.

our toolkit and training

The Respect Institute's (Ri) trained partners integrate Respect 360 into their girl and vulnerable youth development frameworks.

Handbook

The Respect Basics defined and explored.

Activities & Journaling

370 Self-respect building activities for youth (groups or individuals) and writing assignments focused on The Respect Basics, which are Common Core State Standard (CCSS) aligned for grades 6-12 – Writing.

Coaching Model

A simple coaching process that develops youths' self-respect, resourcefulness, capacity for mutual respect, and goal-achievement abilities.

Respect Circles

Private online circles enable youth to keep practicing The Respect Basics and keep their support network intact to better achieve post-high school goals.

Self-Respect Scale

New Ri tool to measure youth attitudes, behaviors and shifts surrounding self-respect.

Respect Rally

Optional interactive summit led by Ri to introduce The Respect Basics to a community of up to 500 youth and influencers.

Influencer Training

Webinars to help you get started using the toolkit, complete influencer prep steps, and start using the coaching model. **Live training** to support you in facilitation best practices for Respect Circles.



**RE-SPECT
MEANS...**

to look
again

**SELF-RESPECT
IS DEFINED
AS:**

knowing
you're a unique
contributor
to the greater
whole

**PEOPLE WITH
SELF-RESPECT
BEHAVE
LIKE...**

I matter.
You matter.

our collective impact model

Partners integrate Respect 360 into their delivery models to improve youths' academic and life outcomes.

Integration

Partners

- Schools in low-income communities (Title 1)
- Juvenile justice
- Child welfare (foster youth and group homes)
- Programs serving at-risk girls and vulnerable youth
- Mentor programs
- Domestic violence shelters and services
- Teen pregnancy prevention programs
- Substance abuse recovery programs
- Job readiness programs
- Parent education programs
- Alternative high schools

Points

- Professional development
- Advisory program
- School culture outcomes
- Classroom management
- PBIS and school suspension reduction strategies
- Social-emotional group work
- Coaching and counseling sessions
- Peer counseling
- Wellness and leadership classes
- Common Core State Standards grades 6-12: Writing

Process

- 1. Identify Bright Spots**
We determine where self-respect building is already strong within your youth development model and amplify those organic best practices as part of your Respect 360 framework.
- 2. Integrate Respect 360**
We get clear on the outcomes you'll measure and select tools for integration.
- 3. Evaluate, Improve, and Sustain**
We evaluate the effectiveness of integration, coach for improvement, measure results, and position your most successful integrators as peer trainers.

Highlighted Partners

- National Respect Labs: Young Women's College Prep Public School of Rochester (Young Women's Leadership Network) & Thurgood Marshall Academy in Harlem, NY
- Santa Clara County Opportunity Youth Partnership (OYP)
- Planned Parenthood Mar Monte & Teen Success Inc.
- National Crittenton Foundation
- New York Department of Corrections and Community Supervision
- Clinton Global Initiative America – Reconnecting Youth Working Group

REACH

10k+
youth

and
influencers
directly
since 2010

40k
copies

of RESPECT
since 2005

21
cities

7
states

2
countries

in 2012

2+
million

through
media
education



research

Respect 360 was developed based on a body of evidence-based research and successful models for youth development, including:

- **Self-respect development.** Ri research shows that self-respect is a critical youth development asset that strengthens youths' perseverance and resiliency when it comes to achieving academic and positive life outcomes.
- **Success framework.** Harvard University research shows that people who succeed have: Strong support circles, know their behavior matters, and manage stress and energy well.
- **Adolescent brain research.** National Institute of Mental Health research shows that teens need to be surrounded by caring parents, adults, and institutions that help them learn specific skills and appropriate adult behavior.
- **Trauma-informed care.** The Centers for Disease Control and Prevention and Kaiser Permanente's Adverse Childhood Experiences (ACE) Study shows the associations between childhood maltreatment and later-life health and well-being.
- **Restorative practices, self-determination theory, and non-violent communication models** also are incorporated in Respect 360's methodology.

results

The outcomes of our tools and programs have been evaluated in studies of more than 3,000 youth nationwide. Ri is designing an evidence-based study of tools to begin in fall 2014.

After experiencing tools, youth reported the following outcomes:

Redefining Respect

90% of youth said: My definition of RESPECT is now: *I matter. You matter.*

Dealing with Disrespect

86% of youth said they now had the tools to deal with bullying, cliques or abuse, and felt safe about speaking about disrespect that affected them.

Improving Self-respect

88% of youth agreed that The Respect Basics had given them new, better ways to practice respect for themselves and to help spread respect to others.

Achieving Goals and Leading

72% pledged to follow their passions (up from 37%) and 65% definitely had a powerful vision of their future and how they want to change the world (up from 33%)

Making Healthy Choices

82% felt equipped to make positive choices and act as role models (up from 42%) and 81% said they will definitely get help when they were disrespected (up from 42%)

