



Good Relations





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Purpose: To help participants understand and explore the importance of showing respect.

Participant learning objectives:

1. Understand what we mean by respect
2. Demonstrate how we can show respect
3. Understand the importance of being respectful

CONTENT	METHODS/ RESOURCES <i>Slides 64-74 can assist with this session.</i>	APPROX. TIME
<p>What is Respect?</p> <p>Resources: Flip chart Markers</p> <p>Brainstorm as a group what we mean by respect. Write people's answers on a flip chart if appropriate.</p> <p>Explain that respect is about treating others how we would like to be treated.</p> <ul style="list-style-type: none"> • Treating someone kindly • Valuing how another person is feeling • Valuing the qualities of something or someone <p>We can respect:</p> <ul style="list-style-type: none"> • Places • Things • People 		15 minutes
<p>Showing Respect</p> <p>Resources: Flipchart Markers</p>		30 minutes

	<p>Split participants into groups of 4-5, depending on group size. Ask participants to split their flipchart into four sections labelled:</p> <p>Home School Community Youth Club</p> <p>Ask each group to come up with as many examples as possible as to how they can show respect in these four areas. Once participants have finished ask them to re-group and feedback their answers to the rest of the group.</p>	
<p>Disrespect and overcoming it</p>	<p>Show slide 69. Ask participants – Do these images show respect? Why not? These are some examples of a lack of respect in society – all through online media. The media and internet trolls have caused a lot of controversy over the past number of years, particularly after the death of Caroline Flack, treatment of Meghan Markle, and racist abuse to professional footballers.</p> <p>Questions- would these threats/ comments be made to someone’s face? Why are people more likely to post negative things/ be disrespectful online?</p> <p>Now show slide 70. Tell participants that these are some of the recent campaigns created to try and increase respect in society. Ask participants - have they heard of any of these? Have they been successful? If so, what makes them successful?</p> <p>Think back to the images of NI (slide 71) – do these images show respect in society? Why not?</p>	<p>15-30 minutes dependent on discussion generated</p>
<p>Demonstrating respect – Positive Affirmations and Pledge</p>	<p>Resources: Paper Pens/ Markers</p> <p>Inform participants that we should be more caring and kinder to one another and focus on the positives that we see in people. This will ultimately make us happier too! This next exercise should leave participants feeling good about themselves and feeling good about others within the group.</p> <p>Provide everyone with a page and pens/ markers. Ask participants to:</p> <ul style="list-style-type: none"> • Draw around your hand • Write your name on your palm • Pass your handprint to the person on your left • As you receive each person’s handprint write one positive comment/ word about that person • When you get your handprint back – SMILE!! • These are all the positive things that make you – YOU! 	<p>50 minutes</p> 

	<p>Debrief: How do the positive messages on your page make you feel? How did it feel saying nice things about others?</p> <p>Ask participants to now think of and write a respect pledge for their week ahead. This must include something they promise to be, something they promise to do, something they promise to say. Inform participants that you will check-in on pledges at the beginning of the next session. Encourage them to be creative!</p>	
<p>Check-Out/ Evaluation</p>	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>

