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## NATIONAL RESPECT EXPERTS COACH D.C. STUDENTS AND PARENTS ON DEALING WITH BULLYING AND OTHER DISRESPECTFUL BEHAVIOR

### Respect Rallies and Workshops To Be Held At Sidwell Friends Middle School; Mother-Daughter Respect Workshop Open To D.C.-Area Middle School Girls October 25

(San Jose, CA) -- [Respect Rx](#), whose mission is to end the cycles of disrespect impacting youth nationwide, will be leading a week of respect-building workshops in Washington D.C., culminating with its first-ever signature [Respect Rally](#) in the nation's capitol at the Sidwell Friends Middle School on Friday, October 29. The week kicks off with a [Mother-Daughter RESPECT Workshop](#) open to D.C. area middle school girls and their moms, Monday, October 25, hosted by the Four Seasons Hotel Washington D.C. For registration and more information about the workshop contact [events@respectrx.com](mailto:events@respectrx.com) or call (415) 315-9707. Space is limited.

"We are very excited to have Respect Rx come to our middle school to give our first-ever Respect Rally," says Jack Huntington, guidance counselor for Sidwell Friends Middle School. "Learning the Respect Basics, which this program emphasizes, is every bit as important as learning the basics of reading, writing and math in terms of a person's education for a meaningful successful, and happy life."

Respect Rx will also be in town to meet with legislative offices, educators and parents to discuss how the [Respect Basics](#), including Set Boundaries and Get Help, can begin to turn around growing epidemics among youth such as of bullying, sexting and teen dating violence. The wave of the shocking suicides by young adults, teens and tweens, who were allegedly being bullied and sexual harassed, have many parents, schools and communities reeling about how to stop the tide. In response, the Respect Rally shows youth how to respect others and how to work together to make sure all people are respected.

"Disrespect is all too often at the heart of issues that hold youth back. Respect is the remedy," says Courtney Macavinta, founder of Respect Rx. "We all struggle with similar issues no matter how old we are or where we come from. Our youth today struggle even more with setting boundaries, feeling safe in their schools and communities, to not succumb to unhealthy relationships, and to follow their passion and guts. We help them navigate through all of these topics with concrete tools and resources to help them have healthy lives and be leaders of social change."

Respect Rx offers advice and tools for those who want end disrespectful trends among youth. Responding to the recent rash of bullying-related suicides among middle schoolers and the Tyler Clementi case, Macavinta posted a video and blog, "[Bullicide Prevention: 3 Tips for Parents](#)" on [RespectRx.com](#).

#### About Respect Rx

Respect Rx is a social venture that coaches tweens, teens, young adults, parents and organizations to boost self-respect, relationship respect and respect for all through our groundbreaking Respect Rally, the *Respect: Keep it Going! Kit* for schools and best-selling book for young women, *RESPECT*. The Respect Rally is an interactive summit where participants work in peer groups, or "Respect Pods," and learn how to spread respect. Respect Rx has been featured on CNN, ABC, Fox, National Public Radio, MSNBC and in USA Today, Teen Vogue and other media and has worked with leading organizations such as Girls Inc., Derek Jeter's Turn 2 Foundation, Girl Scouts of the USA and the Dove Self-Esteem Fund. ([www.respectrx.com](http://www.respectrx.com))

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