

RESPECT

change your world—inside and out

RALLY

“The Respect Rally allows teens to express themselves and tap into their power to address issues of disrespect in their lives.”

—Heidi Rolfson, Notre Dame High School in San Jose

“As a result of the program, many of the teens will be empowered to make changes that will help them develop into strong women who are confident, capable and self-reliant.”

—Robert Lehr, Connecticut Association of Schools & Dove Self-Esteem Fund Partner

“Intuitive and organic...the activities and conversations were inspiring and incredibly impactful for the teens and adults alike.”

—Leanne Gluck, uniquely ME!, The Girl Scouts of the USA

The Respect Rally is a four-hour conference—followed by a 24-session curriculum (The Respect Keep It Going! Kit)—that empowers teens to boost self-respect and spread respect for all through The Steps to Respect. The Rally is based on our best-selling book for teen girls, *RESPECT: A Girl's Guide to Getting Respect & Dealing When Your Line Is Crossed*, which has been featured by CNN, National Public Radio, USA Today, Glamour, Teen Vogue and others.

Based on the success of the girl program, we created a Rally for teen boys and our popular co-ed version. The Rally can also be formatted for parents and teen advocates.

After attending the Rally: 98% of 500 teens surveyed understood the difference between respect and disrespect (up from 51% prior to attending the Rally)...90% of teens respected each other as equals (up from 65%)...82% felt equipped to make positive choices and act as role models (up from 42%).



“The Rally gave us a sense of togetherness and taught us why respect matters.”
-boy, 17

“I learned how to listen and voice my opinion respectfully.”
-girl, 15

“I learned respect starts within.”
-girl, 17

“The most important thing I learned today was to know my boundaries.”
-boy, 16



Prevention, Awareness, Skill-Building

Rallies can be customized to address your organization's focus, such as preventing and breaking the cycle of low self-esteem, bullying, teen pregnancy, high-school dropout, domestic/dating violence or drug, tobacco & alcohol abuse. Teens explore: What does respect mean to me? How can I respect others? And how can I be a Respect Leader?

There are 3 Ways To Bring a Rally to Teens:

- 1. Book a Respect Rally:** Respect Rx can lead a Rally at your site.
- 2. Get trained:** Attend a train-the-trainer and learn how to be a Respect Rally Leader. Deliver the program for your school or non-profit organization year after year!
- 3. Do both:** Respect Rx can lead your Rally and then train you—and the teens you serve—how to lead the program at your site in the future.

RespectRx.com