

*Bullying • Body Image • Peer Pressure • Toxic Media • Cyberbullying
Friend and Family Issues • Global Disrespect of Girls?*

RESPECT is the Remedy!

The Respect Mother-Daughter Workshop

empowers middle school girls and their moms to boost self-respect, create healthy relationships, end cycles of disrespect and spread respect for all through The Respect Basics.

The program is led by Courtney Macavinta, author of the best-selling book, *RESPECT*, which has been featured by CNN, National Public Radio, USA Today, Teen Vogue and others.



Monday October 25, 2010

3:30 - 5:30 p.m.

Four Seasons Hotel

2800 Pennsylvania Ave. NW Washington, D.C.
light refreshments will be served

Registration Fee: \$100 per pair
RSVP: events@respectrx.com • (415) 315-9707
check to Respect Rx on site or send CC payment to
accounting@respectrx.com via Paypal

RespectRx.com

change your world—inside and out
the **RESPECT**
institute

hosted by



FOUR SEASONS HOTEL
Washington, DC

- connect**
Talk about how disrespect—from ourselves, others, our culture—impacts girls and women. Realize you are not alone.
- explore**
Define The Respect Basics together. Explore your passions and “future selves” to help you make healthy choices today.
- skill-build**
Do interactive exercises to practice skills, such as the Respect Levels of Listening and how to set boundaries.
- take action**
Decide how you want to spread respect together—in your own lives, at home or in your community.

tell your truth • know you're valuable • follow your passions • trust your gut • speak up—set boundaries! • be compassionate—listen • get help • spread respect