



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



A message to the EXPECT RESPECT Team Advisor,

The Expect Respect workshop is a 3-hour initial meeting designed to educate students on bullying and the importance of empathy, as well as generate conversation and brainstorming around school climate issues. Students talk about what they see and hear at school, and how to make all kids feel more cared for and safe on campus. The facilitator discusses different aspects of bullying, encourages the students to be Upstanders, and reinforces the importance of the students' role as leaders in their school community.

Workshop Preparation:

Project Cornerstone will facilitate an action-packed 3-hour workshop with 20-30 youth pre-selected by staff, and your school's designated Expect Respect Team Advisor- that's you! We will need use of a classroom/space with a projector and screen where we can set up tables and chairs for students with room to move around for activities.

* Name tags for students (first name, only); use of an easel and chart paper are requested.

Workshop:

Project Cornerstone will facilitate games and discussion about improving school climate. Join in the fun! ***Together, you and the students will create an Action Plan to implement together over the school year. As the Expect Respect Team Advisor, you will participate in the workshop, then lead the student team in regular meetings (perhaps 2x per month) to implement the action plan created in the workshop.***

Workshop Follow-up:

The Expect Respect Team Advisor coordinates meetings at lunch or before/after school (ideally twice a month) with the Expect Respect student team. This additional time with the group allows you to build deeper connections and relationships with your influential young leaders. The Team Advisor provides the structured time/place for working on the action plan. In addition, the Advisor is asked to provide workshop and follow-up meeting feedback to the principal/staff. If your school has Project Cornerstone's ABC program, Los Dichos, or Middle School SEL curriculum, you can utilize these trained adult asset builders who are already on campus to join the workshop and the follow-up meetings. More caring adults is a good thing! Project Cornerstone is available for follow-up and consultation. Resources are also available on our website: www.projectcornerstone.org or contact leticia@projectcornerstone.org.

As the Team Advisor, you have the opportunity to let young people know that their voice matters, that they are valued, and that you are an adult they can count on. Each time you engage with your group:

- Notice, name and celebrate what youth gets "right"
- Encourage youth to be positive with all people at school and in the community
- Help *shine your light on what is right* in your school community
- Review, practice and discuss the *UPstander* techniques introduced at the workshop
- Build resilience by allowing youth to share the ups and downs of being an *UPstander*
- Encourage the group to be "a safe place" to learn and grow as a peer leader