



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

A message to the EXPECT RESPECT Team Advisor,

The Expect Respect workshop is a 3-hour initial meeting designed to educate students on creating a more inclusive and positive school community where all students feel they belong. Through activities, conversation, and learning, students will investigate bullying behavior, the importance of empathy, and the power of words. The group discusses what they see and hear at school, and what they themselves can do to make their campus a place where all students feel safe and valued. The facilitator shares 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:

As the Expect Respect Team Advisor, you will attend the workshop and participate with the students in the creation of an Action Plan at the end of the workshop. This plan will include what the students decide are the most important action items to address during the school year. 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. The students will need name tags (first name only), and we will need an easel with chart paper or a white board for brainstorming.

Workshop Follow-up:

As the Expect Respect Team Advisor, you will coordinate 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