



Respect & Resolve

Focuses on safe and healthy interpersonal relationships

Students will explore crucial concepts for building self-esteem, emotional health, communication and conflict resolution skills. The course also covers abusive relationship awareness, strategies for recognizing coercive behavior, and safe, positive, active bystander strategies.

Designed in the Motivational Interviewing style, **Respect & Resolve** allows students to determine their preferred bystander intervention style and their own strategies for overcoming peer pressure and other coercive pressures. Students will improve their communication with peers and adults and the course will teach students to give and receive respect.

Students complete the course at their own pace, receiving personalized feedback through each lesson.

PREVENTION

- Health or life skills class curriculum
- Course requirement for incoming students

INTERVENTION

- Conduct violations
- High-risk behavior
- Alternative to Suspension

COURSE FEATURES

TITLE IX Title IX compliant



Generate aggregate outcome reports within the Student Management System



Pre-tests and post-tests provide measurements of behavior change and knowledge gains



Confidential, personalized feedback for every student

LEARNING OUTCOMES

After taking **Respect & Resolve**, the student will be able to:

- Identify characteristics of healthy relationships
- Identify steps for building self-esteem
- Make healthy decisions in all kinds of relationships
- Set boundaries in relationships
- Identify reasons for waiting on sex
- Identify non-sexual ways to show affection
- List different kinds of abuse
- Categorize different kinds of abusive actions
- Identify potentially illegal bullying behavior
- Identify the negative consequences of bullying for the bully, the bullied student, and the bystander
- Identify positive and negative conflict resolution strategies
- Identify positive communication strategies
- Define bystander
- Identify their preferred bystander intervention style
- Identify non-confrontational, semi-confrontational, and confrontational bystander strategies
- Apply bystander strategies in various situations
- Identify how likely their behaviors are to lead to violent situations
- Identify strategies for minimizing the risk of violence in relationships
- Identify strategies for exiting risky situations
- Identify resistance strategies
- Identify coercive statements
- Identify strategies for overcoming coercion in relationships
- Resist coercion in various situations
- Differentiate between confidentiality and privacy when reporting an incident
- Preserve evidence for a forensic exam
- Identify "next steps" after reporting a violent incident
- Identify their Title IX rights
- Identify ways to help themselves or others after a violent incident