

# Raise awareness about healthy relationships.

# WE promote respect



REFLECTION



CRITICAL THINKING



EMPATHY

4

SOCIAL EMOTIONAL LEARNING

AN INITIATIVE OF



MADE POSSIBLE BY



**Allstate**  
Foundation

*A special thank you to The Allstate Foundation for  
empowering youth to reach their full potential.*

The Allstate Foundation prepares young people for the future through service-learning and social emotional learning (SEL). There are direct emotional and academic benefits of strong SEL skills and building young people's resilience—so they can adapt and handle all of life's challenges. That's why they teamed up with WE to bring you WE Promote Respect, a service-learning campaign and curriculum.

# AWARENESS + ACTION = CHANGE

Whether with our parents and family members, our friends and classmates or our significant others, relationships are a big part of our lives. The bonds we form with other people are what make us human and help us feel connected and happy.

However, when relationships are unhealthy and include things like frequent conflict, pressure, stress, a lack of trust or respect, or other bad feelings, it can make life difficult and frustrating. If emotional, physical or financial abuse is involved, it can also be dangerous. Young people, who may not have the role models, life experience or tools to deal with unhealthy relationships, are especially at risk of long-term effects from relationship violence. For example, teens who are victims of relationship violence report higher rates of truancy, more negative contact with their teachers and increased conflict with other students.

WE Promote Respect helps build understanding of the differences between healthy and unhealthy relationships, and provides tools to navigate and disengage from unhealthy relationships and instead form bonds with others that will enrich your life rather than endangering it.

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***FACT: 1 in 3 young people  
will experience dating abuse.***



# Ways to Take Action

*Promote healthy, respectful relationships for young people*



## Grades 4–6

- Learn more about the rules your school has to make sure students engage in safe, healthy relationships with one another.
- Share information and facts about healthy relationships with fellow classmates. You could make posters or make announcements over your school's PA system.
- Talk with your family about healthy and unhealthy relationships, and how family and friends can help you through difficult times.

## Grades 7–8

- Learn more about the rules your school has to make sure students engage in safe, healthy relationships with one another. Does your school have policies around relationships or dating violence?
- Host a “Lunch and Learn” event where students meet to discuss the policies your school has. If your school doesn't have a policy, have a discussion around what you can do to advocate for one to be created.
- If you notice a friend or someone you know in your community is in an unhealthy relationship, offer your support.

## Grades 9–12

- Learn more about your school's Title IX policy or policy around relationship violence and sexual violence.
- Write a blog post or create a positivity campaign on social media or in your community to spread uplifting messages of hope to anyone looking for support.
- Host a #ChalkAboutLove event, a dating abuse awareness event with a pop of color and art. Find out more: [www.breakthecycle.org/sites/default/files/%23ChalkAboutLove%20Guide%202020.pdf](http://www.breakthecycle.org/sites/default/files/%23ChalkAboutLove%20Guide%202020.pdf).



## Tech for Good Badge

Create an online blog to teach students about how to develop and maintain healthy relationships and how to identify needs and wants in a relationship.

**Go further:** Share online resources with your students where they can look up information and read relevant articles.

## In the Classroom

Our classroom resources provide educators with the tools and information to explore the fundamentals of healthy relationships and the effects they have on our lives.

Visit the link below to learn more and access classroom resources and curriculum.

**[WE.org/wepromoterrespect](http://WE.org/wepromoterrespect)**

### Understanding Healthy Relationships

Grades	Subject Connection	Learning Goals	Skills Developed
7 to 8	<ul style="list-style-type: none"> <li>English Language Arts</li> <li>Health and Physical Education</li> <li>Social Studies</li> </ul>	<ul style="list-style-type: none"> <li>Understand the importance of developing healthy relationships while recognizing the negative consequences of unhealthy relationships.</li> <li>Demonstrate the ability to advocate for yourself within relationships.</li> <li>Evaluate your approach to interpersonal relationships by assessing the boundaries that you accept and promote.</li> </ul>	<ul style="list-style-type: none"> <li>Action planning</li> <li>Research and writing</li> <li>Argument formation</li> <li>Organization</li> <li>Reflection</li> <li>Information literacy</li> <li>Critical thinking</li> <li>Leadership skills</li> </ul>
9 to 12	<ul style="list-style-type: none"> <li>English Language Arts</li> <li>Health and Physical Education</li> <li>Social Studies</li> </ul>		