

SESSION STRUCTURE

PART A: WHAT RESPECT LOOKS LIKE

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review – Not Applicable

Intervention

Goal

- Understand the features that make up respectful and disrespectful attitudes and behaviors

Activities

- Identify which features of respect and disrespect are most important to the caregiver
- Identify behaviors in the home that reflect the five key principles of respect

Assignment

Goal

- Understand how respectful or disrespectful homelife has been in the past

Activity

- Record incidents where respect and disrespect were displayed in the home

DURATION
25 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 20 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART B: HOW ARE WE DOING?

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises ("clearing the fog")
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part A of the workbook
- Review the assignment where caregiver identifies respect principles they did well

Intervention

Goals

- Examine how well the family models respect
- Understand how adolescent brain development impacts respect
- Learn the 3 steps in getting respect back

Activities

- Identify how brain science might be impacting youth's respectful behavior
- Practice the 3 steps in getting respect back

Assignment

Goal

- To restore lost respect (or alternative assignment)

Activity

- Have a discussion with youth on getting respect back in the family

DURATION
25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART C: THE ROLE OF LISTENING IN RESPECT

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part B of the workbook
- Review the discussion with youth on restoring respect (or alternative assignment)

Intervention

Goal

- Learn effective listening skills and statements that could be used to increase youth’s sense of being heard

Activity

- Learn the ways that lead to better listening and apply them to scenarios

Assignment

Goal

- Develop a plan to increase respect in the home going forward

Activity

- Develop and implement a 4-step plan to have a conversation with youth on how to increase respect in the home

DURATION
20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART D: THE ROLE OF LISTENING IN RESPECT

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part C of the workbook
- Review the discussion with youth on restoring respect (or alternative assignment)

Intervention

Goal

- Learn effective listening skills that increase youth’s sense of being heard

Activity

- Learn the ways that lead to better listening and apply them to scenarios

Assignment

Goal

- Develop a plan to increase respect in the home going forward

Activity

- Develop and implement a 4-step plan to have a conversation with youth on how to increase respect in the home

DURATION
40 MINUTES

Check-in: 4 Minutes

Review: 8 Minutes

Intervention: 22 Minutes

Assignment: 6 Minutes

Note: it may take 2 or more sessions to cover the material depending on family circumstances