

ACTIVITY: DEFINING RESPECT

Identifying personal or group core values should not be the end of the discussion of these values. Because people may define the same value differently, it's helpful on many levels to talk in some depth about core values.

OVERVIEW

This activity helps participants create a shared meaning of the word “respect” and to internalize that meaning through discussion. The activity here pertains to the value of respect, but you can adapt it to apply to any of other values.

OBJECTIVES

- To create shared meaning
- To provide a forum for self-reflection and group reflection

TIME REQUIRED

Approximately 1.5 hours

SUPPLIES

You'll need a flip chart and markers, as well as paper, pens, pencils, and markers for participants.

WHAT	TIME	HOW	MATERIALS
Step 1: Setting the context	5 min	Arrange chairs in a circle, preferably without boundaries (e.g., without a table). Welcome participants into the circle and ask them for guidelines for the discussion e.g., “Allow people to talk without interruptions.”) Write the guidelines on the flip chart for all to read.	Flip chart Markers
Step 2: Listening and sharing circle	10 min	Say to the group, “Think of a time when you felt respected. How did it make you feel?” Allow all participants to share their story with the group.	
Step 3: Drawing and sharing	20 min	Thank each participant for sharing. Then, ask each person to draw an image of respect. Divide participants into groups of four. Ask them to explain their drawing to their group.	Paper Pens, pencils, markers
Step 4: Sharing in small groups	20 min	Ask participants to discuss the following questions in their small group: <ul style="list-style-type: none"> ■ When have you given respect? ■ Can you think of a time when someone felt disrespected by you and you didn't mean it? Talk about that. 	

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WHAT	TIME	HOW	MATERIALS
<p>Step 5: Listening and sharing circle</p>	<p>20 min</p>	<p>Bring all the participants back together in the circle. Ask them:</p> <ul style="list-style-type: none"> ■ Do you feel comfortable expressing when you feel disrespected? ■ Do you expect others to know when you feel disrespected? 	
<p>Step 6: Reflecting</p>	<p>15 min</p>	<p>Ask the group members to think about all they've learned from this discussion. Then ask, "How will this group express respect in the future?" Document their ideas on flip chart paper and use these notes in future discussions on respect.</p>	<p>Flip chart Markers</p>