



HOME RESPECT AGREEMENT SUGGESTED INSTRUCTIONS

A respect agreement (RA) allows clarity of expectations and behaviors. Many families are in a Shelter in Place Order to reduce the impact of COVID-19. In solidarity, the RJP, Inc. team encourages you to try this process with those sharing your home. A **Home Respect Agreement** supports constructive communication in your home. This safe and structured, voluntary process will allow an opportunity to create dialogue with one another to document respect in your home. RAs may educate families now and in the future. Conflict is a natural and normal part of life, especially during times of change. We are going to get through this ~together!

Supplies needed:

Piece of paper, something to write with, a facilitator. Facilitator can be a parent, guardian or child. Willingness of all to be constructive and dedicated to being honest and willing to try the process.

Purpose:

To create a clear and visual reference point of how to give and receive respect, because everyone deserves to feel respected! The Respect Agreement will be a reference point now and in the future when we need clarification about harm(s) that have occurred. **The point is to explain and create what respect: feels like, looks like, and sounds like in your home.** This **voluntary** process will be successful when all involved are focused on working together.

Focus on positive, **actionable behavior** by using agreements that AVOID language such as, “always” “never” “no” “don’t” “can’t” etc. The RA process frames expectations that ARE possible in order to create and sustain safe and structured environments.

Example: **Do not yell at each other** vs **Use safe tone of voice**

Steps:

1. **Draw four quadrants** that will be filled in during this exercise: see example on next page.
2. **Brainstorm responses and record** (write down ALL ideas for now everyone should participate)
 - a. Review responses and dialogue. “What does it mean?” “How can it be used?”
 - b. Select the responses that all agree on and add to the document. The combined list becomes the group’s Respect Agreement.
3. **Ask clarifying questions.** They are important for understanding.
 - a. “Do we need clarification?” “Does this make sense to everyone?”
 - b. Make sure to ask, “Is there anything else we would like to add?”
4. **Ask for group approval** of what is written on the easel pad. Individual signatures or initials uniformly express commitment to doing our best to uphold agreements of mutual respect. “Do we all agree?”
 - a. If there is not agreement, revisit and clarify until approval is possible
 - b. Changes are welcome as this is a living document. Communicate when changes are needed.



HOME RESPECT AGREEMENT TEMPLATE EXAMPLE

Some of these examples may be appropriate for your home, and some of them may not? Remember, the purpose of the respect agreement is to support your family in a cooperative and safe communication process. After all, you are the experts of your home!

We create a respectful home by:

| Child(ren) Respecting Parents | Parents Respecting Child(ren) |
|---|--|
| <ul style="list-style-type: none"> Good morning/good night greet Face to face conversations/questions Treat others the way you want to be treated Speak positively of other family members Prepare the night before Complete Chores/homework | <ul style="list-style-type: none"> Listen to child Good morning/good night greet Set time to spend with child/full attention Communicate weekly schedule Try to understand where child is coming from Ask questions |
| Siblings Respecting Siblings Or Child Respecting Self | Everyone Respecting Home |
| <ul style="list-style-type: none"> Speak in a calm voice Support each other Pay attention to siblings and their ideas Treat each other fairly Set time to play Take care of self, brush teeth exercise Give time for others to have personal time Personal encouragement every morning, ie. "today is my day" | <ul style="list-style-type: none"> Put trash in the trash cans Recycle when possible Keep your space tidy Take good care of pets Only write on things that are meant to be written on All together for dinner Represent the family well Conserve food and care for items |



HOME RESPECT AGREEMENT

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|---|---|
| <p>Child(ren) Respecting Parents</p> <hr/> | <p>Parents Respecting Child(ren)</p> <hr/> |
| <p>Siblings Respecting Siblings Or Child Respecting Self Or Parents respecting Parents</p> <hr/> | <p>Everyone Respecting Home</p> <hr/> |