

# SESSION STRUCTURE

## PART B: 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

#### Goals

- Ensure assignment was completed
- Check for learning retention

#### Activities

- Review lessons from Part A of the workbook
- Review the assignment where caregiver recalls times they (or friends of theirs) acted disrespectfully as an adolescent

### Intervention

#### Goals

- Examine how well the family models respect
- Learn the 5 principles of respect

#### Activities

- Identify behaviors 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**  
**30 MINUTES**

**Check-in: 4 Minutes**

**Review: 5 Minutes**

**Intervention: 18 Minutes**

**Assignment: 3 Minutes**

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