

Community Host

Resource Handbook



CHOOSE RESPECT

Alaskans Ending the **Epidemic** of
Domestic Violence and Sexual Assault



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The *Choose Respect* marches and rallies raise awareness of our state’s epidemic of domestic violence and sexual assault. Together we can offer compassion to victims and survivors, and foster a dialogue that allows fellow Alaskans to speak out. We hope this booklet will spur your passion into action by organizing a march, educating your friends, and getting your community involved. Thank you for your tireless support of the *Choose Respect* initiative. **You are making a difference!**

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Planning a rally or march



Routes and location

Picking the location of your event is very important. However, there are a few more details to consider once you have confirmed the location of the event and the route for a march. Here are some helpful suggestions:

- Meet with your local police department, and give them a detailed plan of your route and location of event.
- You may need the city or police department to block off certain streets, depending on your route.
- Talk with your city and tribal officials, as you may need a permit to cross any municipal or village roads or to congregate on city or tribal property.
- There may be fees involved. Consider asking that fees be waived; however, make sure to make those requests well in advance.
- You may need a certificate of insurance.

State road or highway

See Department of Transportation and Public Facilities (DOT&PF) if you intend to cross a State road or highway, as you will need a permit from DOT&PF: dot.state.ak.us/permits/index.shtml

Speakers

Consider asking one or two people to speak at your event. Here is a suggested list of people, but you know your community best:

- Community leaders who support Choose Respect in your town
- Survivors who can share their stories
- The director or staff members of a local service provider (such as women's shelter advocate, health aide, behavioral health aid, ICWA worker, etc.)
- People you know who are engaging and comfortable speaking in front of people
- You! We have included some possible talking points to help you get started.



People to invite

Everyone likes a personal invitation. Please consider taking a moment to write or call your local area leaders to ask them to participate by helping organize, or simply coming out to your event. Encourage them to bring their staff, family, and friends with signs and banners to show support. Here are some people to consider inviting, but please feel free to add to this list:

- Your area's Tribal Council
- Mayor and/or city officials
- Law enforcement (police department, VPSO, VPO, TPO, AST)
- Schools (principals, teachers, PTA groups – encourage them to include the students)
- Religious leaders
- Business owners
- Directors of nonprofit organizations
- Others – homeschool groups, small groups, sports teams, book clubs, and more!



Engaging the local faith community

Consider asking local faith leaders to participate. You could ask them to run an announcement for your event in their weekly bulletin or newsletters.

Engaging businesses

Consider asking local businesses to participate. They can display an “Our Business Chooses Respect” poster to show their support, or ask them to donate coffee, hot cocoa, or snacks on the day of your event.

Promotions

Once you have finalized the details of your event, please let us know at chooserespect@alaska.gov. Please let us know the date, time and location of your event. We are hoping that all events are on the last Thursday in March at noon. However, we also understand that this time might not be best for your community. We have also included an event flier in the “march in a box.” We intentionally left this section blank so that you can fill it out and make changes if necessary.



Here are some additional ideas for promoting your event:

- Host a sign making party – involve sports teams, prayer groups/Bible study groups, school children, etc.
- Run an opinion editorial in your local newspaper. A suggested sample is provided; please feel free to use your own words or edit as needed.
- Coordinate with your local tribal leaders, mayor, school district, Chamber of Commerce, Rotary, assembly, nonprofit organizations, community councils, etc.
- Send out a press release to all newspapers and local radio stations in your surrounding area.
- Announce sign making parties over the VHF radio.
- Announce the event over the VHF radio. If you are hosting a potluck, ask people to bring dishes.

- Post the event on Facebook, Twitter, or think about creating a YouTube video invitation.

Run a local radio ad. A sample script is included; please feel free to use your own words or edit as needed.

- Request a photographer or videographer in your area to capture your event – submit photos and/or video to the Governor’s office via email to chooserespect@alaska.gov or mailed to Attention: Choose Respect, 550 West Seventh Avenue, Suite 1700, Anchorage, AK 99501.

Setting up your event

If using an outside facility, you may need advance notice in order to access electricity. Electrical needs may include sound system for speakers.

Items you may need:

- Sound system, DVD player, microphone.
- Chairs, podium, signs directing people where to go.
- A table for items to give away (items provided such as Choose Respect coloring books, crayons, pens, posters and stickers).
- A table for snacks and/or drinks.



Suggestions for signs



Need ideas for making banners? Here are some of the slogans of hope and support that Alaskans have previously used.

"Love Shouldn't Hurt"

"I'm for Safe Homes"

"I Choose Respect"

"I Stand for Respect"

"Safe Homes Strong Families"

"Choose Respect Now"

"Real Alaskan Men Protect"

"Violence is NOT My Traditional Value"

"We Can Stop Sexual Violence"

"RESPECT: It's always the right choice"

"Child Abuse is NEVER OK"

"Safe Homes for Children"

"Zero Tolerance for Abuse"

"Alaska: Teach Respect"

"Families Choose Respect"

"Real Alaskans (heart) Respect"

"Respect Now"

"Respect is a Girl's Best Friend"

"Real Men Choose Respect"

"My Strength is Not for Hurting"

"Stop the Violence, Break the Silence"

"Real Women Choose Respect"

Suggestions for signs

"Real Alaskans Choose Respect"

"Protect and Respect"

"Take a Stand Today"

"Real Men Respect Women"

"Respect is an Alaskan Value"

"No More Harm! Choose Respect"

"Ask Me about Choose Respect"

"My Community Chooses Respect"

"I Stand Against Violence"

"Courage, Hope and Healing"

"Prevent, Protect, Heal"

"Survivor"

"One Rape is Too Many"

"One Beating is Too Many"

"Stop the Violence"

"End Domestic Violence Now"

"Our children are worth it"

"No more excuses"

"Break the Silence"



Media outreach



Radio script (30 second spot)

This is _____. I'm inviting you to the Choose Respect rally on March _____ at noon. We will meet at the _____, where we will march to (_____) against domestic violence and sexual assault, and for hope and healing.

Together, we will be joining thousands of other Alaskans who are also marching in their communities, from Kodiak to Barrow to Saint Paul Island to Ketchikan. We are Alaskans! And we are speaking out! Please join us. Look forward to seeing you there.

Bullets for CHOOSE RESPECT Opinion Editorials

The statistics are well-established: Alaska has an epidemic of domestic violence and sexual assault.

We've experienced it in our lives. These crimes hit close to home.

The harm extends far beyond immediate victims of domestic or sexual violence. It shapes the entire community.

We have the power in our families and community to change.

It is time we face it together.

On Thursday, March __, [in/at community location], stand with us.

- Bring your compassion for the many who have been harmed.
- Ask friends, family, peers, and co-workers to help us send a message that violence and harm are no longer tolerated.

- Let's lead the way for our children.
- We must use our courage to heal our communities.
- We must honor the strength of the survivors among us and know that healing is possible.
- We must instill hope in the lives of all of our children.
- More than 170 Alaska communities are joining us.
- Together we are protecting, healing and preventing future violence.
- To find out more about Choose Respect visit: ChooseRespect.Alaska.gov or contact the Governor's Office at 907-465-3500.



Talking points



Below are talking points for speakers at your march or rally.

Thank you for taking time to be here today.

Although on this day we stand together in support of victims and survivors, I know many of you – and probably all of us here – demonstrate compassion every day.

You show compassion in dozens of different ways, large and small, by giving, caring, listening, and comforting.

You shield the vulnerable from harm and you work for peaceful family life.

I am proud of you and I thank you.

We have seen how interpersonal violence assaults our collective humanity. Assaults like these demean and devastate innocent victims, hurt families and friends, and even diminish the lives of the perpetrators.

Everyone is affected, but I believe we have the courage to prevent, protect and heal, and that is how we'll become a stronger community.

If you are being hurt by someone in your life, you are not alone.

If you were hurt in the past, you are not alone.

Look around and see there are others here today who understand and who care.

I hope you can hear how important you are to us, and find a way to get help.

Ultimately, respect is something that is a choice we make – to respect ourselves and to respect others.

- The daily acts of respect quickly add up, and if we all do this together, if we all choose respect together, we can change the course of this epidemic. We can end it.
- We must make these choices and walk this path so our children and their children will grow up free from violence, sexual abuse, or fear in their hearts.

We must protect our children because it is the right thing to do: Abuse and violence against children is not acceptable.

Many young people have grown up learning that physical violence and harmful words are normal. It's our duty, each one of us here, to re-establish respect as the new normal.

The traumas experienced by victims of domestic and sexual violence, in their families and in their communities, are real.

- Recovery takes time.
- Recovery takes courage.
- Recovery takes support.

The change we seek is no small one. We are in need of dramatic and wholesale change to make Respect at the center of all of our lives.

In conclusion, we live in a wonderful community. We have so much to look forward to.

[Insert community name] will be even more amazing, and will be spoken of as a hometown of great pride and restored hope, when Respect is our shared value, and our shared vision for the future.

Thank you again for sharing this day with us.



How to get involved



Here are some ways to engage your community.

Be a respectful person:

Choose Respect. Be a role model in action and words. Lead by example.

- Report child abuse to the Office of Children's Services (800-478-4444).
- Report elder abuse to Adult Protective Services (800-478-9996).
- If you are concerned that a friend might be a victim of violence, gently ask if you can help.
- Be a knowledgeable resource for victims. Know your local, statewide, and national resources.
- If a brother, friend, classmate, or teammate is abusing his female partner – or is disrespectful or abusive to girls and women in general – don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor.

DON'T REMAIN SILENT.

- If you see someone being harmed, call the police.
- If you are emotionally, psychologically, physically, or sexually abusive to your intimate partner, family member, or children, or have been in the past, seek professional help NOW.
- Treat youth with respect, and show them that they are valued and loved.
- Take the pledge to "never commit, condone, or remain silent about violence against

women and girls,” and promote the “White Ribbon Pledge” in your community. Visit www.whiteribbon.ca for more information.

- Look out for friends at parties, or other places where alcohol is involved, to ensure everyone comes and goes together.
- Support a senior or elder in need.
- Support and promote programs in your community that bring youth and elders together.
- Ask five women in your life how sexual violence in dating or domestic violence has impacted them (directly or indirectly) and listen to their response.



Share the Choose Respect message:

- Spread the word! Update your Facebook or Twitter status to let everyone know about the Choose Respect Marches. Let everyone know that April is both Sexual Assault Awareness Month and Child Abuse Prevention and Awareness Month.
- Display a Choose Respect poster in your business window or workplace.
- Promote awareness by wearing a ribbon honoring victims or by placing a Choose Respect decal in your car.
- Show your support on Facebook by sharing or “liking” websites and events on domestic violence and sexual assault.
- Include a Choose Respect tagline on your email signature.
- Print information on child safety for your local daycares and preschools.
- Volunteer your expertise to programs that support victims and survivors.

Inspire a culture of respect:

- Silence condones violence. Start an open and honest dialogue, and remove the stigma of shame from victims. End the societal culture of blaming victims and survivors for the horrendous experiences they have suffered at the hands of another.
- Demand offender accountability by writing your local legislators to show your support of new legislation. Go to this website to learn who your legislators are: www.akleg.gov/.

- Talk with children and youth about healthy behaviors and healthy relationships.
- Men — talk to boys about confronting violence against women. Have a conversation with younger men or boys who look up to you about how important it is for men to help end violence.
- Talk to girls about trusting their instincts.
- Do not tolerate disrespect and violence within your community. Speak out when you hear sexist or racist jokes.
- Ask your school district to implement evidence-based prevention programs.
- Talk to your coaches about their influence and ability to educate youth on respect.
- Become a mentor for a youth or become a tutor.
- Write a letter to the editor against domestic violence, sexual assault, or child sexual abuse.
- Have a fundraiser to support a program that provides services for victims and survivors.
- Ask your clergy member to give a sermon on domestic violence, sexual assault, or child sexual abuse.
- Sponsor an essay contest for youth on what it means to “choose respect.”



Need assistance finding resources to engage your community?

Contact the Governor’s Office at 907-269-7450 or visit the Choose Respect website at ChooseRespect.Alaska.gov.

Activities to show respect



Here are some activities and ideas for Alaskans to explore new ways to show respect.

- Create your own Choose Respect calendar and make a goal to yourself to complement a person every day
- Create a journal and write journal entries related such as ways you demonstrated respect: to yourself, to you friends, and others.
- Write down your definition of respect, now look it up in the dictionary. What are some synonyms of respect?
- What is the opposite of respect? What kinds of things or actions could be considered disrespectful? For example: rudeness, malicious gossip, etc.
- Play “Say something nice” — Get all group members to sit in a large circle, and give each one a sheet of paper. Have each person write his name at the top of the page, and pass the sheet around the group. At the bottom of the paper, each person writes one thing he values about the person whose name is on the sheet, folds it so the next person cannot see what he has written, and passes it on. This continues until everyone receives back the sheet with their name on it. Have each person silently read what others have written, and encourage them to preserve this list and look at it any time they feel their self-respect or confidence go down.
- Cut out a newspaper or magazine article about a person who showed respect. What did they do to demonstrate respect?
- **Eating a healthy family meal together** is an important part of healthy living. Make a meal to share with your friends or family. During dinner discuss the recipe for respect and ask what ingredients do you need?

- After watching a TV show or movie with friends and/or family **discuss** who was respectful or disrespectful, and why?
- **R-E-S-P-E-C-T:** Grab a basketball and head to your local recreation center or basketball court and play a game of R-E-S-P-E-C-T!
- **Create a collage** by cutting pictures from catalogs, magazines, and store circulars that depict different people participating in a variety of activities that show respect. Then glue the pictures to poster board. Mount the posters under the heading "Ways We Show Respect."
- **Watch what you say** — (Materials Needed: Small tube of toothpaste and a small plate). Directions: Choose one student to come forward and squirt all of the toothpaste onto the plate. Then ask the student if he/she can then put all of the toothpaste back into the tube.

Words are like a tube of toothpaste. If used the right way, toothpaste helps keep our mouth healthy. Words are the same way. If we use our words to cheer someone up and say nice, helpful things, our words can bring joy (health) to another person. Sometimes we can get sloppy with our toothpaste. It can leak all over the cap and make an annoying mess. Same with our words. Sometimes we aren't careful little put-downs come out of our mouth. We end up with bad moods and hurt feelings.



- **Friendship bugs** — Draw a bug that contains enough space to write down 3–5 different things that others do that bug you. Later, create another bug, write down different things that you do that might bug someone. Have a discussion about being aware of how your actions can impact others.
- Cut a long strip of butcher paper 3" x 36" (or use adding machine tape). Roll each of the ends around a pencil and tape the ends to the pencil.



Use crayons, colored pencils or ink pens to **draw a scene** of what respect looks and sounds like in action. Roll up your movie and be ready to share your story.

- On a large sheet of butcher paper, create a **Wall of RESPECT**, where everyone draws or writes about RESPECT in their own way.
- Work alone or with a partner to **create a song, a rap, or a chant** about respect. Your words should speak to why respect is important, and how it could make the world a better place. Write the rap on a piece of paper and be ready to perform it for the group if called upon. Here is a video to help you get started: <http://www.youtube.com/watch?v=iGuT9-Y5J4>
- **“Talk About Touch”** is a great book for working with kids in small groups, and a great book for Alaska families to read together (included in host resource boxes).
<http://www.heartworksak.net/touch-alaska/index.html>
- **Create RESPECT skits** with different roles that show someone being disrespected and someone stepping in to show respect.



This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced horizontal blue lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins, text, or other markings present.



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