

## Steps:

- 1. Fill in the Survey** on your own or in a group of youth and adults who are part of the project, program, event, or organization. If you are answering in a group it is helpful to encourage conversation – especially when people have different answers. Remember that no one is perfect, and scoring yourselves honestly can help draw attention to areas for improvement at some point in the future.
- 2. Calculate the Average Answer per RESPECT principle.** Once you fill in the survey, you will find an answer key with answers ranging between N/A and Always on Page 2. You can calculate your average answer per principle by adding the number value of your answers, and then dividing by the number of questions you answered (above zero, as N/A does not count).

*For Example;* A group looking at youth engagement in a detention centre answered the following for the first six questions;

	Answer:	Calculating the Average Answer:
<b>REAL EMPOWERMENT</b>		<b>Average answer: 2 Sometimes</b>
1. This program makes a difference in people’s lives.	Sometimes = 2	Average answer = (Total # Answers) / (# Answers above 0) = (2 + 2 + 2) / (3) = (6) / (3) <b>= 2 Sometimes</b>
2. Youth actively help plan events, projects and programs.	Sometimes = 2	
3. Youth play an important role in making events, projects, and programs a success.	Sometimes = 2	
<b>ENVIORNMENT is YOUTH FRIENDLY</b>		<b>Average answer: 3 Often</b>
4. Programs are designed around youth lifestyles and schedules.	N/A = 0*	Average answer = (Total # Answers) / (# Answers above 0*) = (0 + 3) / (1) <b>= 3 Often</b>
5. Youth feel that the space is safe, fair, collaborative, free from discrimination and inclusive.	Often = 3	
		<i>* The program in the detention centre does not have control over when and where they engage youth, so they chose N/A.</i>

- 3. Compare Scores for Each Principle & Get Talking.** In the example above, the group noticed that they scored lower for *Real Empowerment* (score of 2) than for *Environment is Youth Friendly* (score of 3). The group decided to learn more about how and what empowerment looks like to the youth and find creative ways to use their program to increase empowerment of the youth.

*Refer to the one-page RESPECT overview or RespectYouth.com for more ideas and information about each principle.*

As you fill in the survey, think about **real examples** around the program, project, event, organization or initiative you are filling this in for. *Don't worry; it is not realistic that you will write 'Always' or 'Often' on every answer!*

0 = N/A	Does not apply to us. Ex. The initiative has no control over where we are legally allowed to meet youth.
1 = Never	Have not taken action yet, or might not have thought of this before.
2 = Sometimes	Have started planning this, or occasionally do it.
3 = Often	It happens often and I can see how it could happen more.
4 = Always	It is core to the way we 'do things'.

	N/A = 0	Never = 1	Some- times = 2	Often = 3	Always = 4
<b>REAL EMPOWERMENT</b>	Average Answer:				
<b>1. This program makes a difference in people's lives.</b> <i>Does something change in the lives of youth or others as a result of participating? It can be anything from feeling a little better, to making new friends, to learning something useful, to improved self-esteem.</i>					
<b>2. Youth actively help plan events, projects and programs.</b> <i>Planning means getting ready for something to happen or setting out a longer-term plan to achieve a vision. For example, if holding an event, did youth; decide they wanted to do an event, choose a theme, set a date, pick a place, choose activities/performers, set the schedule, decide how to decorate and what kinds of food and drinks to have?</i>					
<b>3. Youth play an important role in making events, projects, and programs a success.</b> <i>There is a lot of work that goes into making an event, project or program a success. Were youth part of the behind-the-scenes work and in the spotlight to make it happen? For example, if holding an event, did youth; make posters, spread the word (in person/social media), design the event, set up, organize volunteers, welcome people, perform, speak or facilitate?</i>					
<b>ENVIORNMENT is YOUTH FRIENDLY</b>	Average Answer:				
<b>4. Programs are designed around youth lifestyles and schedules.</b> (e.g. Public transport, class schedules, school events/trips, extra curricular activities, jobs, family responsibilities...) <i>When planning meetings or events, it is important to make sure that youth can access it easily, that it feels safe, and free from distractions. Each group of youth will have different needs. Do youth decide which days, times and locations work best for them?</i>					
<b>5. Youth feel that the space is safe, fair, collaborative, free from discrimination and inclusive.</b> <i>What is your first reaction, your gut feeling? Does it feel easy to be yourself in the group?</i>					

	N/A	Never	Some-times	Often	Always
<b>SUPPORT &amp; GUIDANCE from ADULTS</b>	Average Answer:				
<b>6. Youth and adults create group agreements around behaviour and roles together.</b> <i>Group agreements can be the most valuable aspect of the entire program. It is an opportunity for the participants to create the standards of how they want to be as a group and the principles that they want to live by and strive for during the program (and beyond!). All groups need some form of group agreements and they can look like lots of things: like a mural, poem, list of principles, or a sculpture created together!</i>					
<b>7. Youth make their own decisions with high levels of support from adults.</b> <i>Support and guidance comes in many forms. Finding the right balance of support and guidance can be tricky as adult supporters must be careful not to take control away from youth. It works best when the youth shares what support they need to participate fully and when adult supporters make themselves available, often above and beyond role descriptions.</i>					
<b>8. Youth are encouraged to develop critical thinking skills.</b> <i>Critical thinking is used when we see or hear something and ask ourselves questions around whether or not it makes sense and if we agree with it. For example, someone can use critical thinking when seeing messages in the media by asking questions like: "Where do these messages come from? What is their purpose? How does the message make me feel? Do I agree with the ethics behind it?"</i>					
<b>PARTICIPATION is MEANINGFUL</b>	Average Answer:				
<b>9. Participation matches youths' interest; feels meaningful and important.</b> <i>This is different for everyone. For example, one person might be interested in graphic design, someone else in learning about their culture, and someone else in meeting new people. Participation feels best when there is room for people to explore personal interests.</i>					
<b>10. There are many ways for youth to get involved;</b> from showing up to meetings, to planning events, to leading groups. <i>It is important not to assume that everyone has the same time or interest to take part in just one way, and that all ways of participation are valued. For example, the youth who show up every week and sit quietly are equally as important as those who take an active leadership role.</i>					
<b>ESTABLISH GOALS</b>	Average Answer:				
<b>11. Youth are involved in setting goals for the organization, project or program.</b> <i>Each initiative will have different goals depending on its starting point and where the youth and adults want to take it. Goals can be anything from; having more youth involved, to changing how the youth participate, to what it accomplishes in a year. For example, an initiative might set the goals to start peer-to-peer learning programs and to have more youth-driven projects over the next year.</i>					

	N/A	Never	Some-times	Often	Always
<p><b>12. Youth are supported in setting and achieving personal goals.</b>  <i>Being clear about goals are and when and how they will happen helps make it easier to reach. Try for S.M.A.R.T. goals (Specific, Measurable, Agreed Upon, Realistic and Timely)</i></p>					
<b>COMMUNITY MATTERS</b>	Average Answer:				
<p><b>13. Youth focus on making a difference in the lives of other youth, the greater community, and the natural environment.</b>  <i>Focusing the initiative outside of the youth involved helps build connections to a sense of greater purpose. Service learning is a great example of how mutually beneficial relationships and learning experiences can be created.</i></p>					
<p><b>14. Youth have opportunities to build relationships with the community.</b>  <i>Value is created for youth, the organization, and society when youth can engage within the greater community. Building relationships with community members can help build a sense of belonging and attachment to the community as well as provide future friendships and volunteer or work opportunities.</i></p>					
<p><b>15. Opportunities are created within institutions / organizations for youth voice, decision making, and participation.</b>  <i>Most structures in society do not naturally have space for youth voice, decision making, and participation. It can take dedication, perseverance and imagination to find mutually beneficial opportunities for youth that offer genuine involvement.</i></p>					
<b>TOGETHER WE LEARN</b>	Average Answer:				
<p><b>16. Youth build on their strengths, receive feedback, and learn new skills.</b>  <i>Sometimes building skills will be done in a formal way, and other times it happens naturally. People like hearing feedback in different ways. Learn how each person wants to receive constructive feedback. For example, some might like it one-on-one while others like it in small groups; some want to know right away and others want to have a weekly check in.</i></p>					
<p><b>17. Youth have opportunities to learn from other youth.</b>  <i>It is important for youth to develop healthy relationships with other youth. This can be learning from other youth, giving support and guidance to each other.</i></p>					
<p><b>18. The organization actively builds its own ability and the ability of adult supporters to engage youth.</b>  <i>Are there resources for adults to build new skills, learn from each other, receive feedback from youth, and take risks? Does the organization review its practices and policies to remove barriers for youth participation?</i></p>					