



# LEADING AS GIANTS

## SESSION 1 | Respect, Integrity and Non-Violence: Defining Expectations

By the end of this session, players will be able to:

- Understand expectations for these weekly conversations.
- Define respect, for themselves and for others.
- Begin conversations about healthy relationships.

### Talking Points for the Session:

- True respect involves everything you do - how to speak, how you listen, how you act, how you think, and the way you present yourself to others.
- Respect is the foundation of any healthy relationship, including friendships and family relationships, but especially in romantic or intimate relationships.
- Respectful behavior means treating others how **they** wanted to be treated. You're not going to get along with everyone, but that is never an excuse to physically or verbally harass someone.
- By showing respect towards women and girls - in your language and actions - you're not only doing the right thing, you're also setting an example for others.
- You are all part of something positive on this team. Your commitment to respectful relationships is also a responsibility - defend it and share it.
- If you witness one of your teammates using inappropriate language or behavior or being disrespectful to someone, don't join in on it. Walk away or call it out - talk to him directly about why that was not ok.

### Discussion Questions:

*Create groups of 5 or 7 players. Have them answer the questions in their groups. Then players pick someone in the team to report back an answer by tossing the ball.*

- What does respect mean to you? How do you show respect?
- Is there an instance you've felt disrespected? What did that look like?
- What role does respect play in relationships?
- Describe a healthy relationship or mention one you may know of - what makes you think it is healthy?
- How does respect play a role in your career, with teammates, fans and staff around you?
- When do you feel it is necessary for you to call someone out?

### Wrap up and Takeaways:

- Your actions are a reflection of this team. This is your responsibility to defend, share and lead through example.
- It is ok to call someone out when they are engaging in disrespectful behavior.
- Everyone deserves respect - regardless of sex, race, sexuality, social status, religion, etc.
- Remember that respect is going to be at the center of our conversations for the next 12 weeks. When in doubt, always treat others with respect.