

Creating Cultures of Respect

Larry Brendtro, PhD, and Beate Kreisle, MA, Jugend-Kolleg am See, Moos, Germany Negative peer influence fuels conflict and trauma, but typical discipline fails to build climates of respect. Positive Peer Culture engages youth in prosocial helping roles to foster social and emotional learning.



Enlisting Youth in Creating Cultures of Respect

Larry Brendtro and Beate Kreisle

Augustana University
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RECLAIMING
Youth at Risk

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RESILIENCE
RESOURCES

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THIRD EDITION

RECLAIMING YOUTH AT RISK

Futures of Promise



Larry K. Brendtro | Martin Brokenleg | Steve Van Bockern



Across cultures people have the same needs.

MARTIN BROKENLEG

The Circle of Courage is a birthright for children in Indigenous cultures, and the foundation for positive development, a gift to all children and youth.

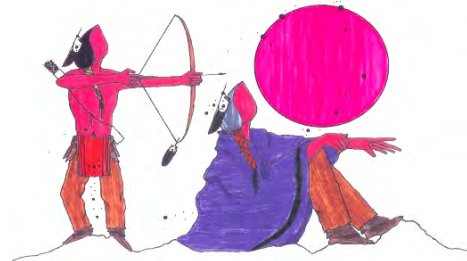
Generosity



Independence



Belonging



Mastery

Rearing Children in Cultures of Respect

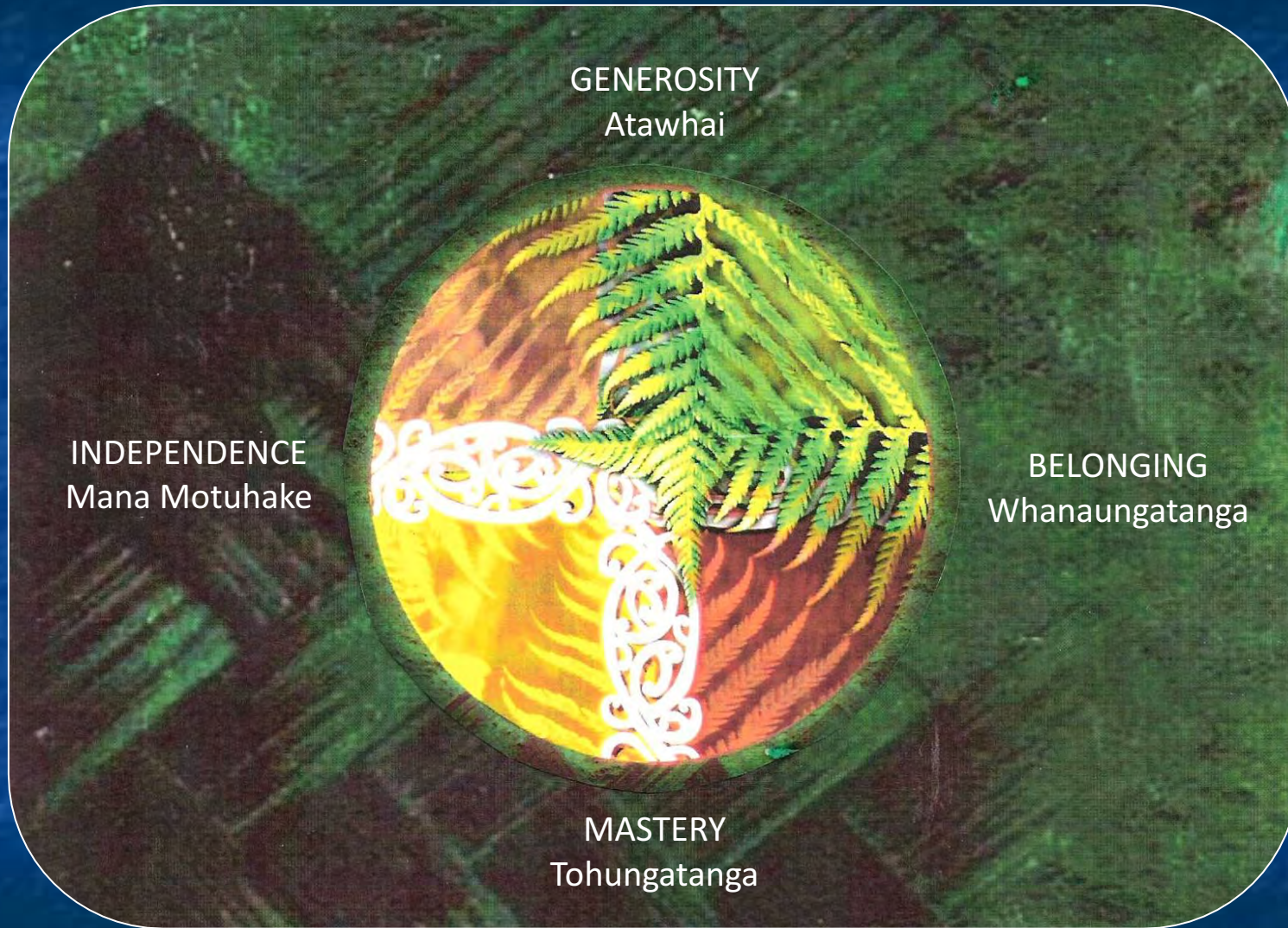


The old are dedicated to the service of the young as their teachers and advisors, and the young in turn regard them with love and reverence.

OHIYESA

[CHARLES EASTMAN]

The Soul of the Indian, 1911



Circle of Courage In Maori Culture

AOTEAROA
(NEW ZEALAND)



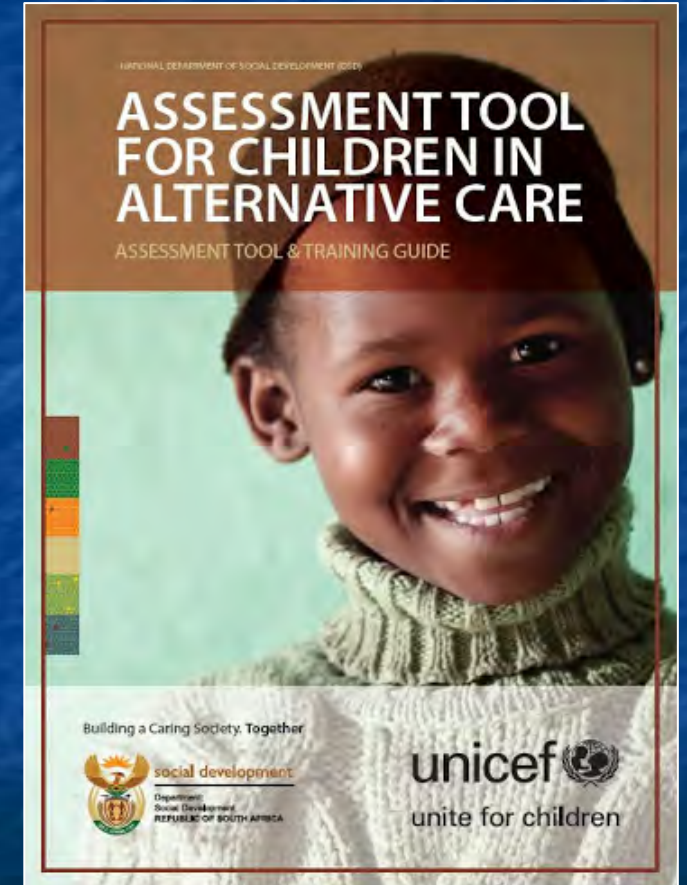
A First Nations carver expresses the Circle of Courage as animals in this totem.

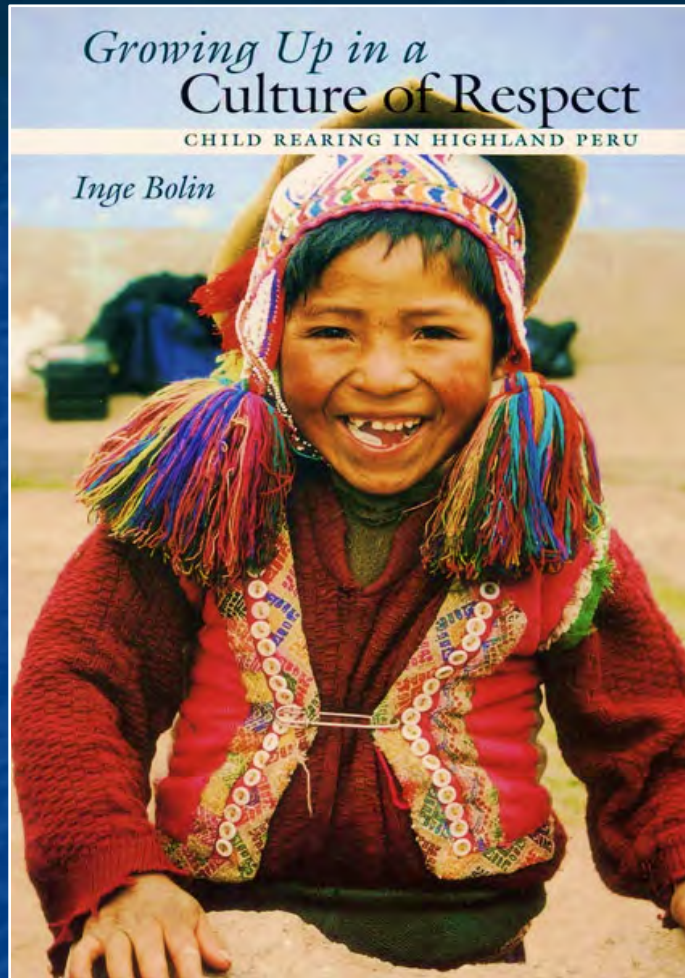
The Circle of Courage role in transforming services for young people at risk in democratic South Africa.



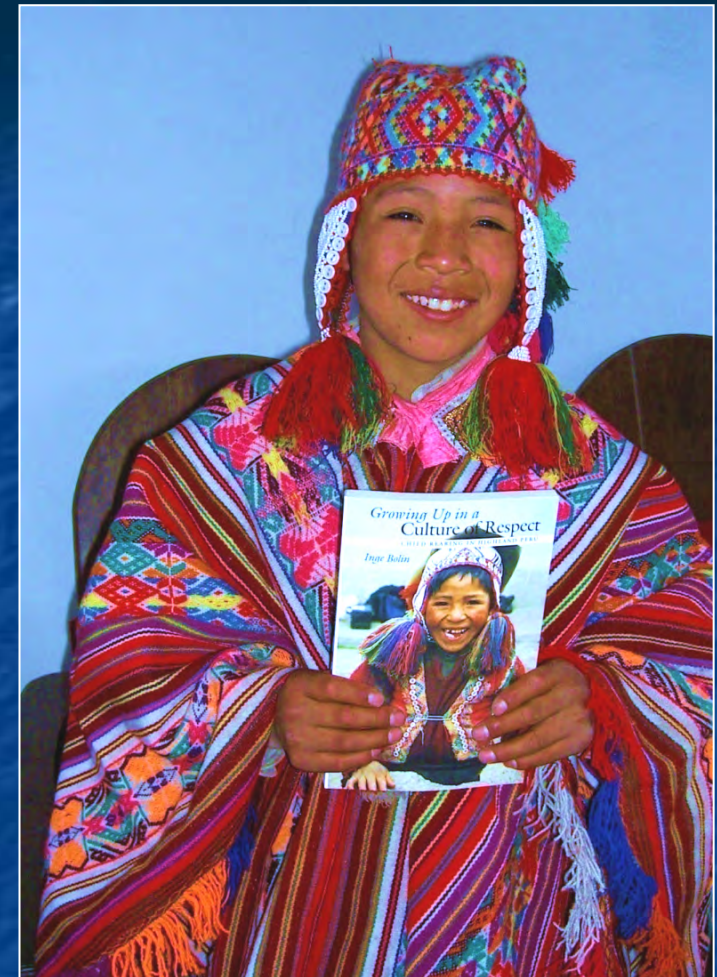
Let us build a country in which our children and youth can learn to care for and respect others.

NELSON MANDELA





Cultures of Respect: Indigenous Peru and the Circle of Courage



From the moment I entered their community, I was captivated by the respectful behavior, self-confident demeanor, and astonishing creativity.

INGE BOLIN, Vancouver Island University



Belonging

Young people are taught that loneliness is the saddest experience so all must be included in circles of respect.



Mastery

Children are eager to learn from elders by observing and pitching in to help.
In school they are highly motivated but never flaunt their superiority.



Independence

Youth take responsibility for tending animals and caring for small children who idolize them. They are never harshly punished.



Generosity

Teens are given the role of protecting the alpacas from rustlers.
All young people contribute as full members of the community.

Peer Relationships in Cultures of Respect



I was taught that when I was the oldest in a group of children, it was my responsibility to protect and care of those younger than me.

MARTIN BROKENLEG



But Negative Peer Influence Pervades Western Culture

*I would be ashamed to be less
vicious than they as they bragged
of their beastly wickedness . . .*

*We delighted in doing ill, not only
for the pleasure of the act, but
even for a desire of praise.*

CONFESSIONS OF ST. AUGUSTINE
circa 400 AD



Two Types of Cultures

RIANE EISLER



Domination

Punishment

Obedience

Partnership

Cooperation

Respect



For a million years, humans have evolved to thrive in egalitarian groups.
For 10,000 years, cultures of dominance have disrupted human harmony.

CHRISTOPHER BOEHM



Cultures of Respect

Belonging—building trust

Mastery—cooperating to learn

Independence—sharing power

Generosity—showing concern



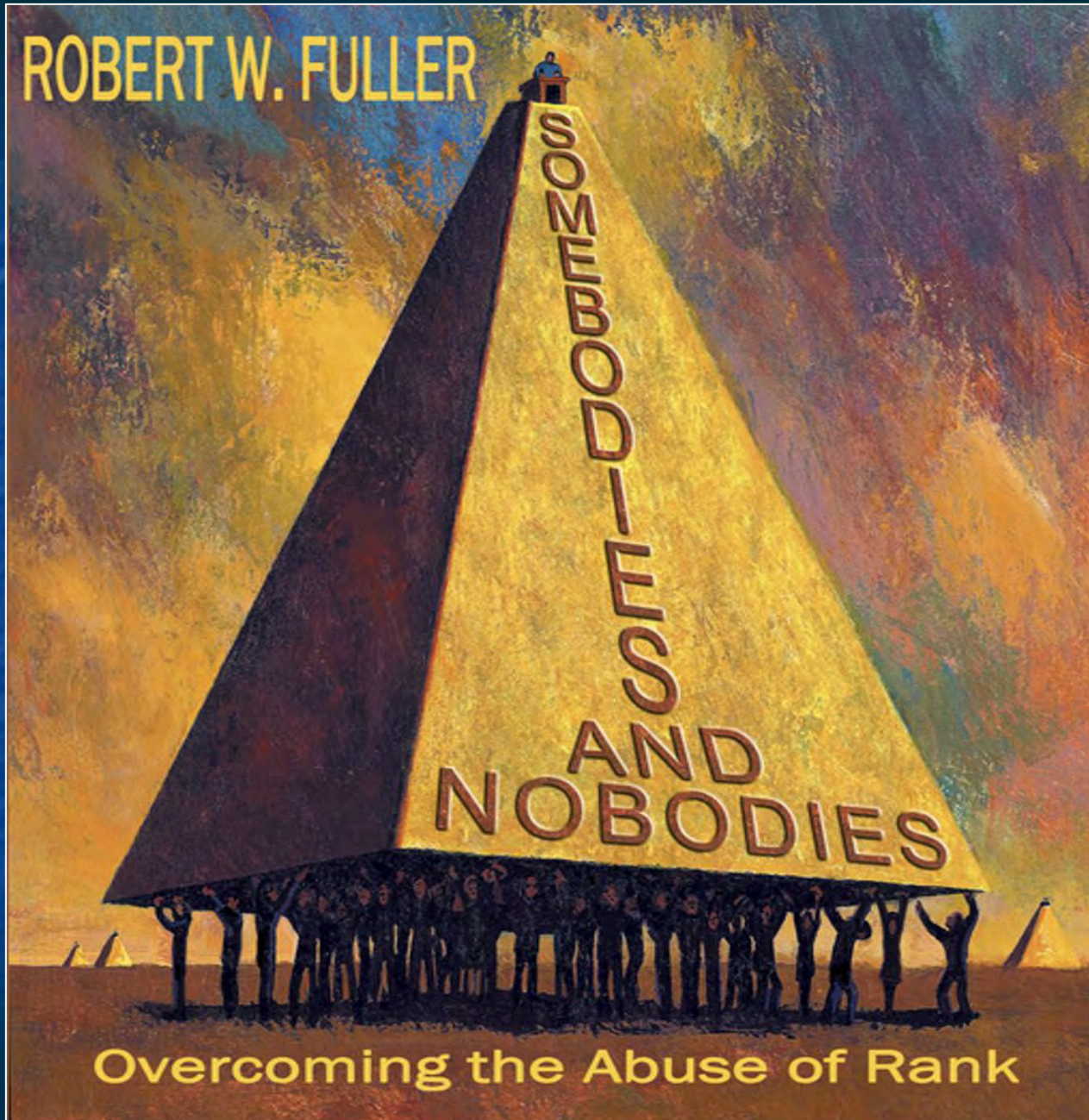
Cultures of Domination

Alienation— isolation and exclusion

Superiority—winners and losers

Intimidation— mean and bullying

Selfishness — greedy and uncaring



Rankism

Misuse of power to treat others like they are nobodies. Examples are racism, sexism, abuse, and bullying.

ROBERT FULLER

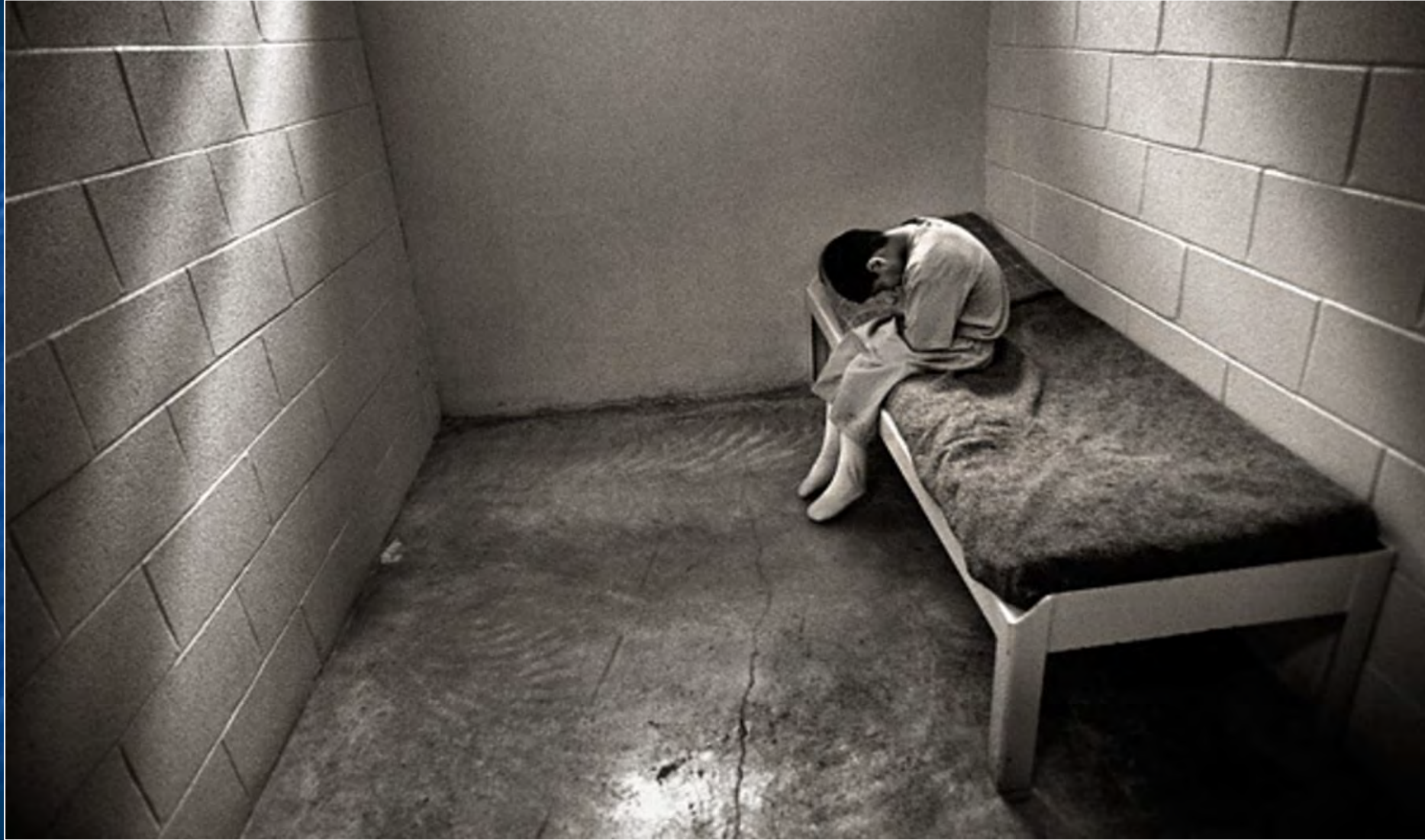
Pain Based Behavior



Young people who have experienced trauma experience deep pain which shows in their behavior. But adults and peers often react in ways that produce more conflict and pain.

JAMES ANGLIN

Punishment comes from the Latin *poena* meaning *pain*.



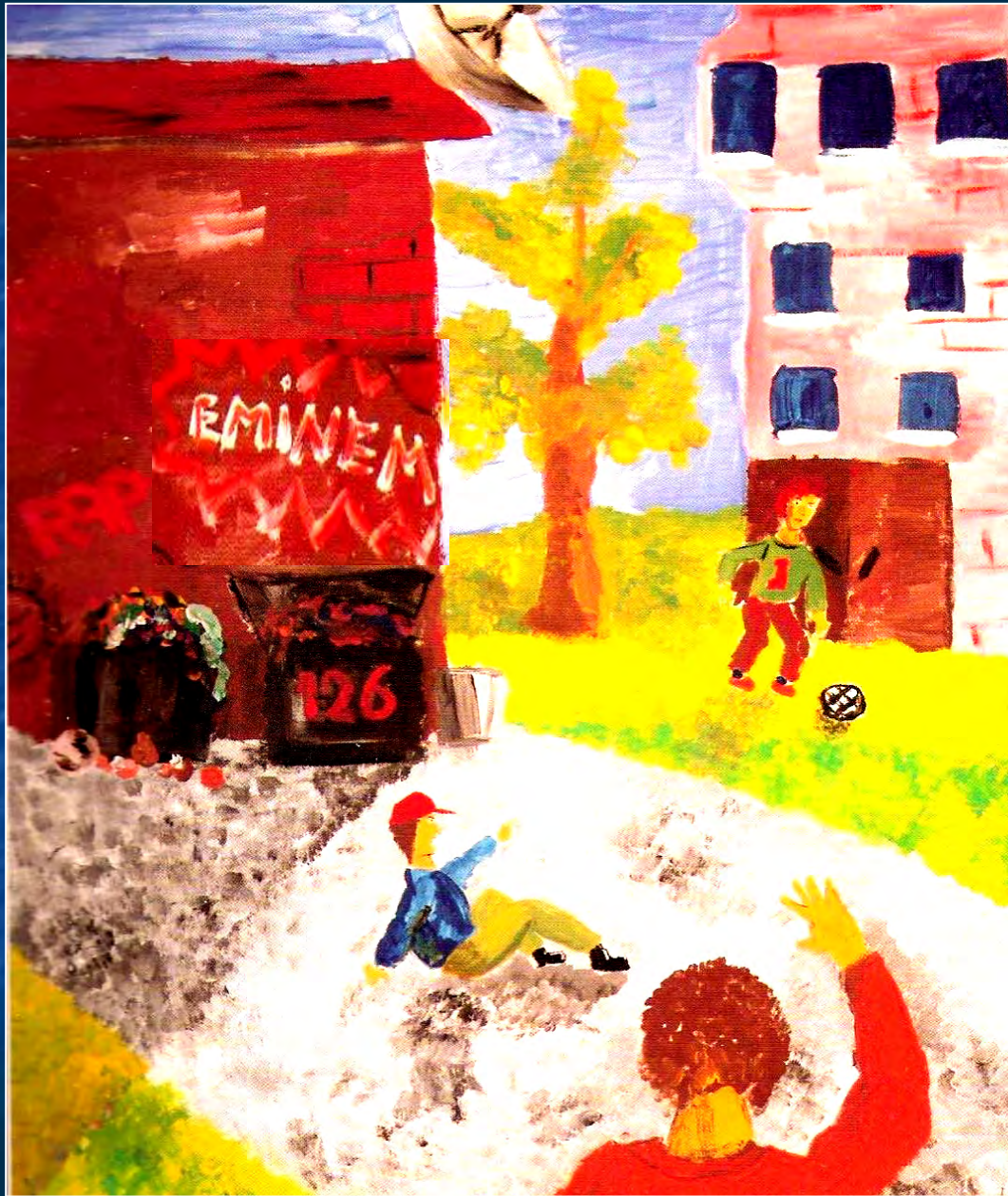
Punishment inflicts pain to control pain-based behavior.



Trauma reactions are
pain-based behavior.

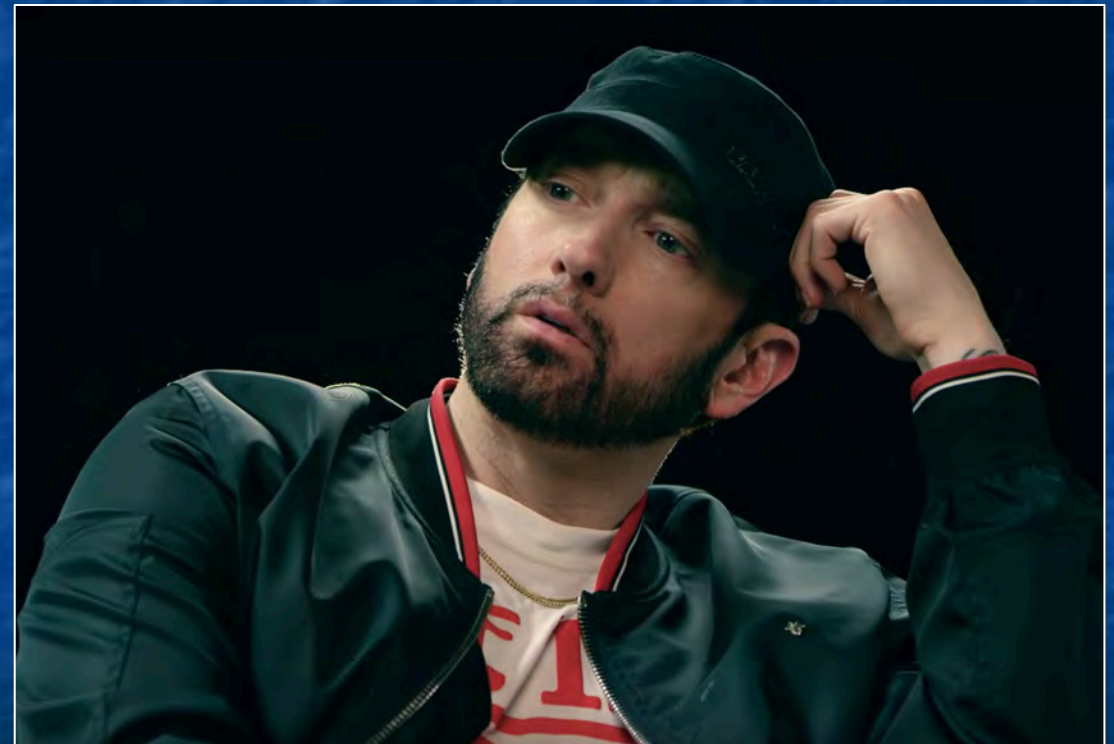
JAMES ANGLIN

*What is this girl trying to
tell us about her pain?*



The Global Youth Culture

Art by a boy in a Russian orphanage celebrates his hero, rapper Eminem.



EMINEM



Problems Sound Cool

Teen slang expresses values influencing modern youth.

Smash: casual sex

Turnt Up: high or drunk

Crunk: both high and drunk

Drama: conflict and bullying



Slang insults sound cool.

Cancel: Reject a person

Crashy: Crazy and trashy person

Creeper: Outcast “creepy” person

Ghost: Ignore a person on purpose

Throw Shade: Give a dirty look

Teen Slang Dictionary for Parents

What is the purpose of insults?

To attack another's self-worth.
To make yourself feel superior.



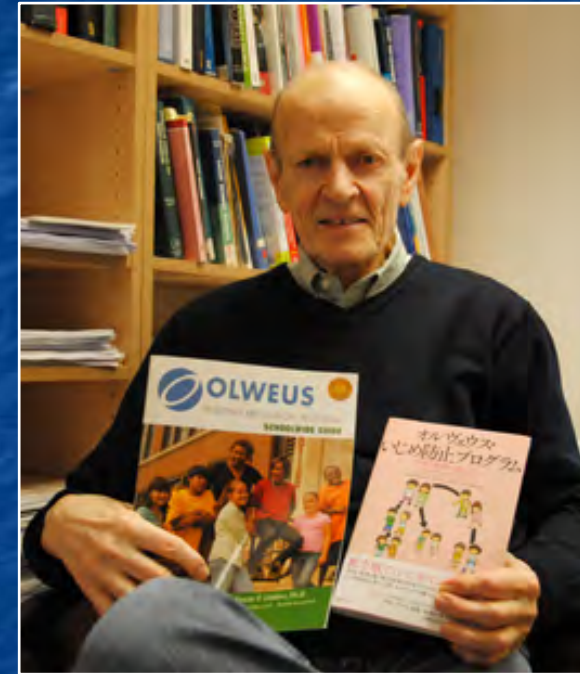
In authoritarian schools, bully prevention programs have little effect. These target bullying behaviors but fail to change student values or the school culture.

JAANA JUVONEN

SANDRA GRAHAM



Bullying is Abuse of Power



Norwegian research: build democratic school climates

DAN OLWEUS

The Path to Trauma



Adverse Events

Lack of Support

Toxic Stress





Trauma Informed
Using *evidence-based information*
for the treatment of trauma.



Trauma Wise
Using *natural helping relationships*
to prevent and heal trauma.

The Power of Peers: Harassment or Helping?





Youth Voice Project

13,000 students in 31 schools

STAN DAVIS & SHARISSE NIXON

Students Rate What Works

- ☐ T ☐ F 1. Use humor.
- ☐ T ☐ F 2. Tell them to stop.
- ☐ T ☐ F 3. Use I messages.
- ☐ T ☐ F 4. Conflict mediation.
- ☐ T ☐ F 5. Tell a teacher.
- ☐ T ☐ F 6. Tell parent.
- ☐ T ☐ F 7. Tell a friend.
- ☐ T ☐ F 8. Tell the person how I felt.
- ☐ T ☐ F 9. Stand up to bullies.
- ☐ T ☐ F 10. Have friends confront bullies.

Countering Peer Mistreatment



Connections

Provide support. Even if mistreatment persists, this will not be as traumatizing.

Coping

Help youth learn new ways to respond. Overcoming problems builds resilience.

Growth Mindset

Discourage labels like victim and bully. These imply people have fixed traits.

STAN DAVIS & CHARISSE NIXON

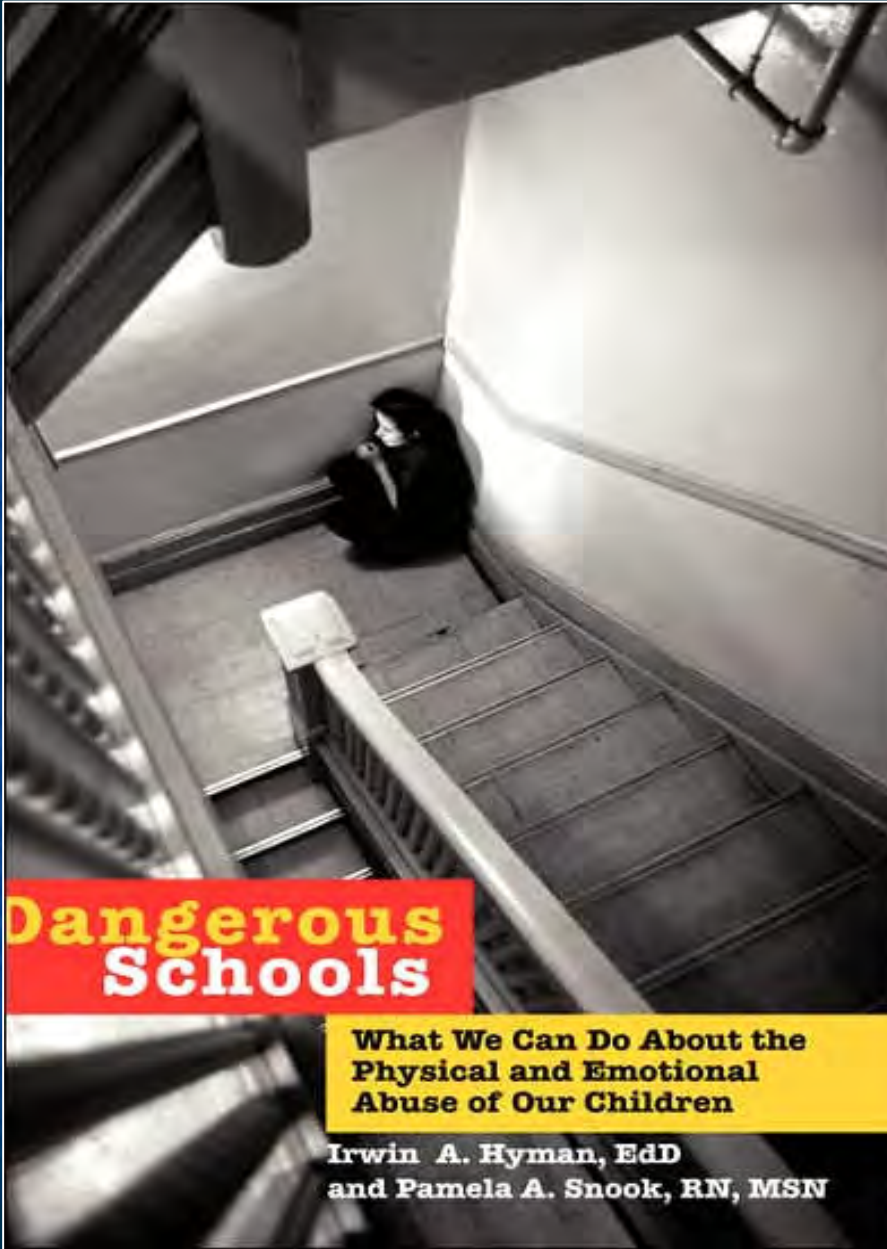


Healing Trauma

Parents, counselors, teachers, coaches, direct-care workers, case managers, and others are all in a position to help a child heal.

RICKY GREENWALD
Child Trauma Handbook

***Why are peers seldom seen
as helpers in healing trauma?***



A
D
U
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T
S

40%

P
E
E
R
S

60%

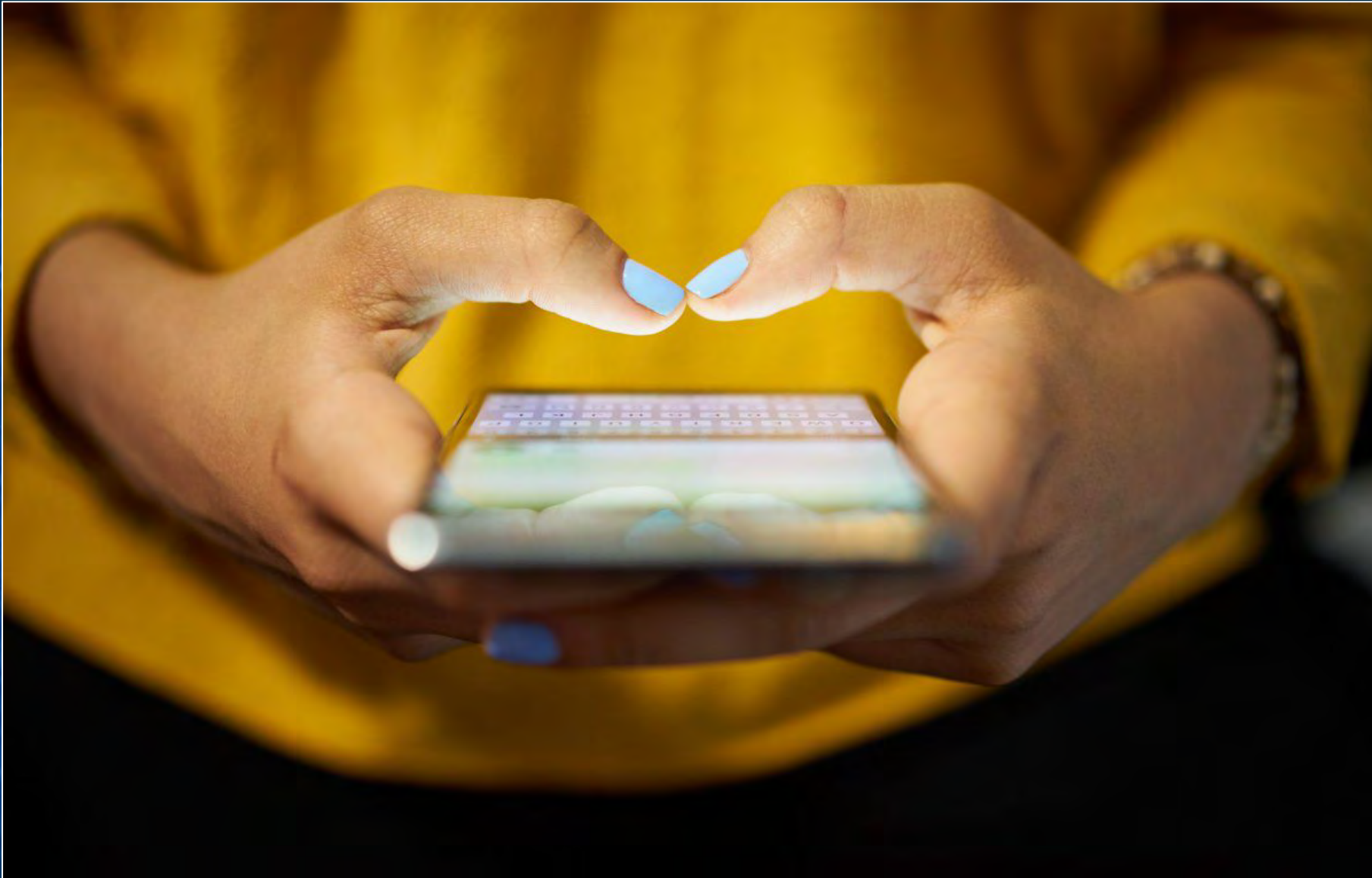
My Worst School Experience

Most school trauma involves peers.



Cyberbullying is peer-driven and usually starts in school.

DAN OLWEUS



But cyberhelping can be a powerful positive force.

JOANNA LAU AND STEPHANIE REICH



Youth can have powerful role in preventing trauma and racism among peers.

Race



Religion



Both adults and peers can prevent and heal trauma.

Class



Sexuality



Antidotes to Alienation



Involve adults directly in the life space of youth rather than let peer groups dominate development.



Involve youth in finding solutions to problems rather than growing up without contributing to others.

URIE BRONFENBRENNER
Making Human Beings Human

Response Ability Pathways — RAP

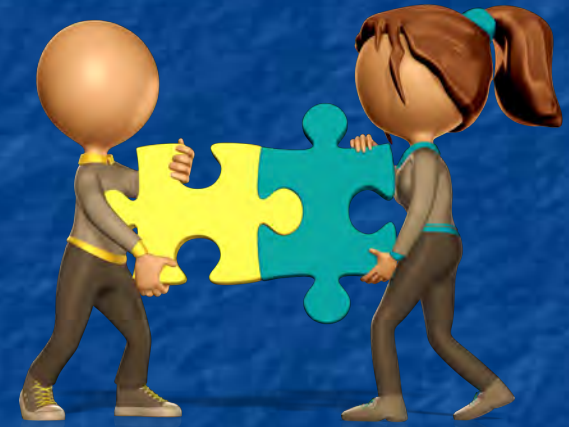
Our Problem-Solving Brain



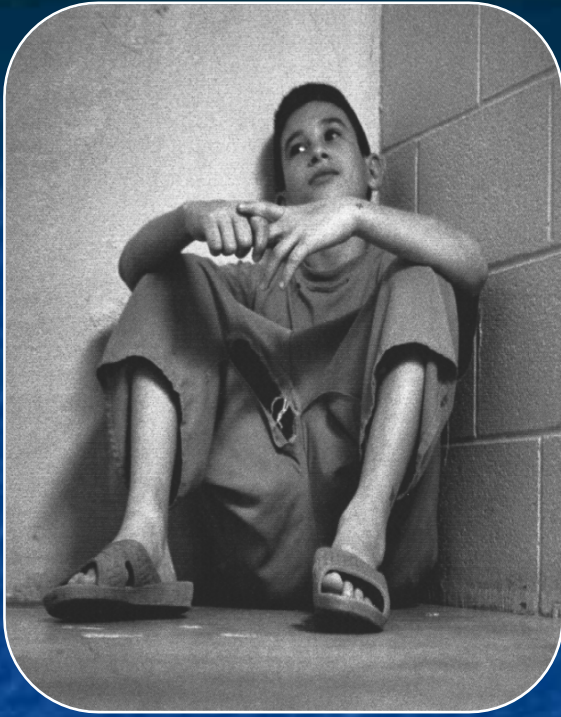
1. CONNECT



2. CLARIFY



3. RESTORE



CONNECT for Support

A connection alone may solve a problem. Or, it opens the way to explore a problem event.



CLARIFY Challenges

The person reflects on how behavior affects self and others and explores new coping strategies.



RESTORE Harmony

Strengthening belonging, mastery, independence, and generosity promotes resilient life outcomes.



Calming and connecting in moments of crisis.



VOICES OF YOUTH Creating Calm



If you can help persons before they get mad, they are more apt to listen to you. When they are mad, they have these other things going through their head and they start disrespecting and doing all that other stuff. Basically, you set the pace and calm them down.



CLARIFY

The Problem-Solving Brain



Challenge

A stressful event

Amygdala Alert

Logic

Thoughts evaluate

Reasoning Brain

Emotions

Feelings motivate

Emotional Brain

Actions

Coping behaviors

Motor-Speech

Reaction

Consequences of action



CLARIFY

CLEAR Solutions

The Problem-Solving Brain



Challenge

What triggered
the event?

Logic

What was the
person thinking?

Emotions

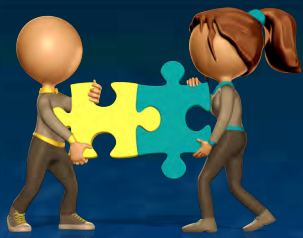
What was the
person feeling?

Action

What was the
specific behavior?

Result

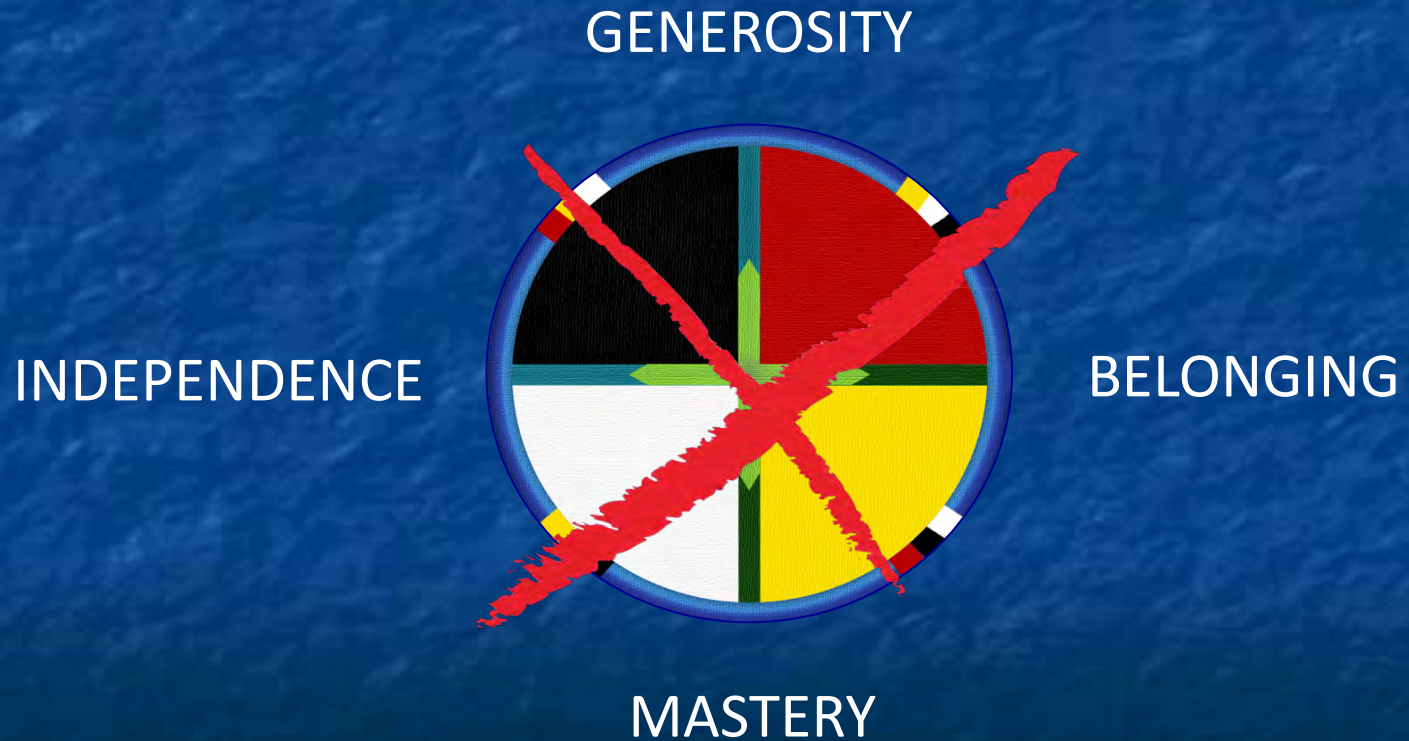
What was the
outcome?



RESTORE

Most problems come from unmet needs.
Meeting needs restores health.

ABRAHAM MASLOW





BELONGING



Mistrust



Conflict



~~MASTERY~~



School Difficulty



Social Difficulty



INDEPENDENCE



Lacks Self-Control



Lacks Self-Confidence



Generosity



Self-Centered



Disrespect

Solving problems builds strengths.





Problems

BELONGING

1. Mistrust
2. Conflict

MASTERY

3. School Difficulty
4. Social Difficulty

INDEPENDENCE

5. Lacks Self-Control
6. Lacks Self-Confidence

GENEROSITY

7. Self-Centered
8. Disrespect

Strengths

BELONGING

- Trust
- Cooperation

MASTERY

- Talent
- Social Skills

INDEPENDENCE

- Self-Control
- Self-Confidence

GENEROSITY

- Caring
- Respect

Problem List

These are common challenges faced by children and youth.

Growth Goals

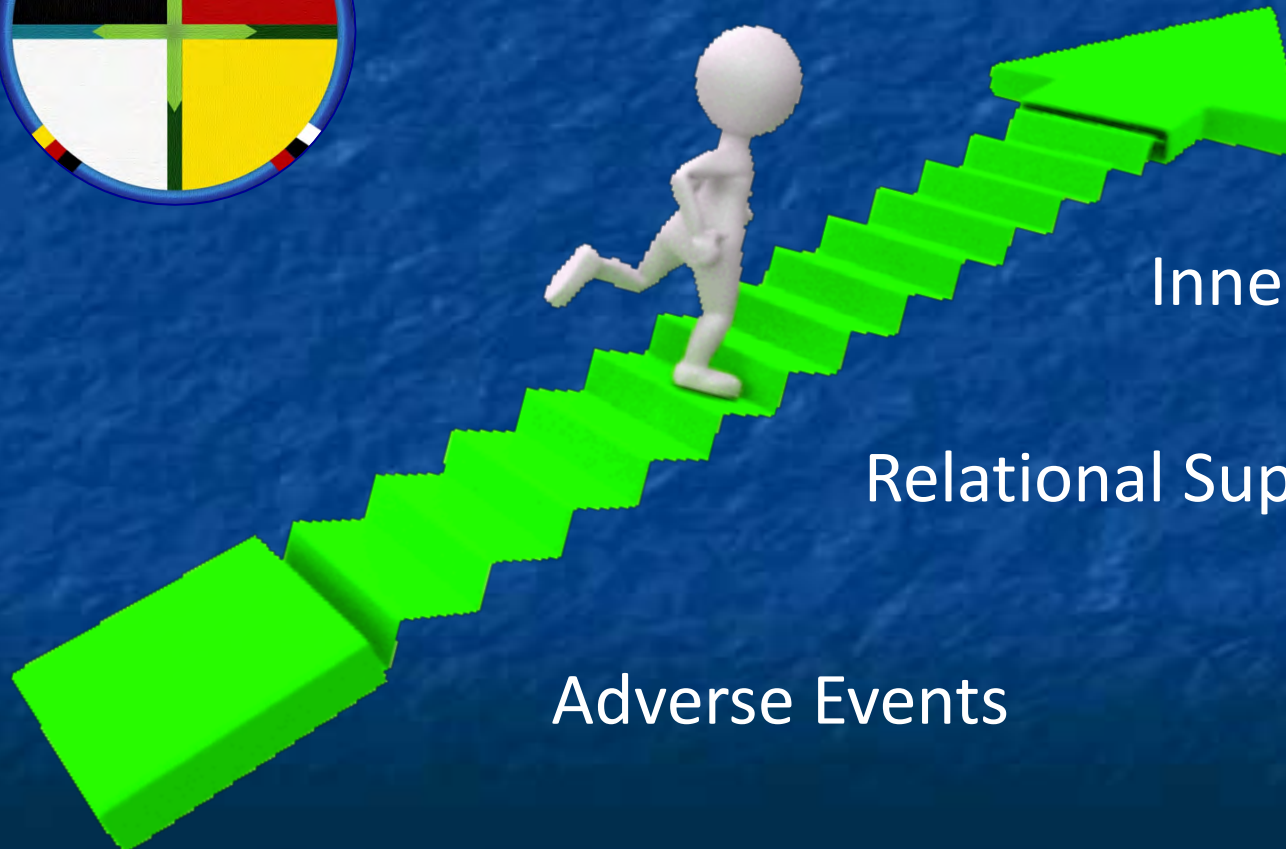
Solving problems develops strength and resilience.



To build resilience, we focus our efforts on what matters most.

EMMY WERNER

The Path to Resilience



Inner Strengths

Relational Support

Adverse Events





Only 20 percent of today's youth
can identify a purpose in their life.

WILLIAM DAMON
The Path to Purpose

Modern youth are suffering from
the misery of unimportance.

KURT HAHN
Founder of Outward Bound

A Curriculum of Caring



I have been advocating the introduction in our schools, from the earliest grades onward, of what I have called a *curriculum of caring*—not to learn *about* caring but to engage in it.

URIE BRONFENBRENNER



The Idealism of Youth

There are three ways to try and capture the young: one is to preach at them, the second is to coerce them, and the third is the appeal which never fails: "You are needed."

KURT HAHN

Outward Bound Teens in Costa Rica

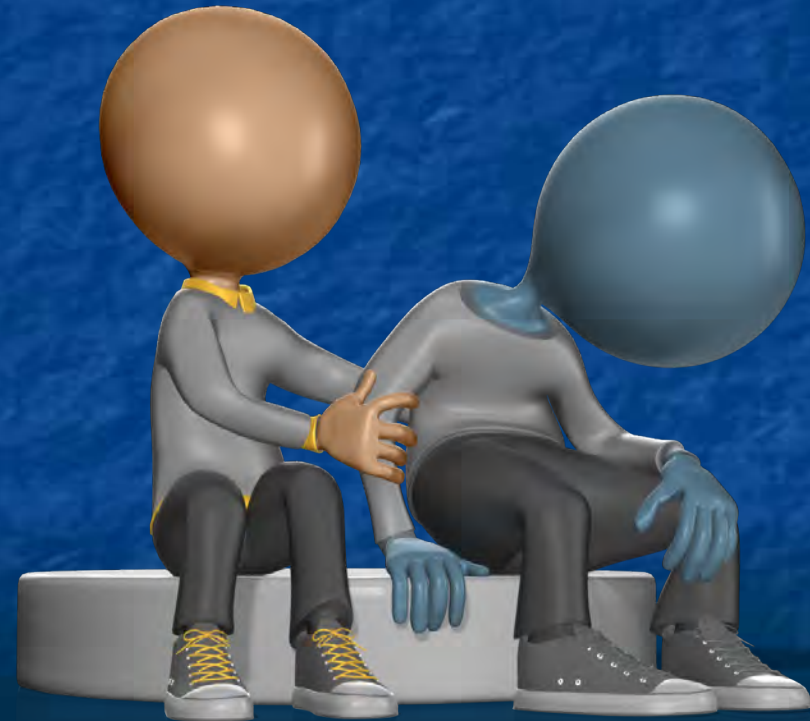
A Care Recipient

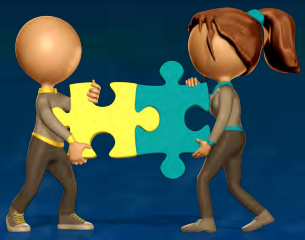
*People care for me
but I still feel worthless.*



Caring for Others

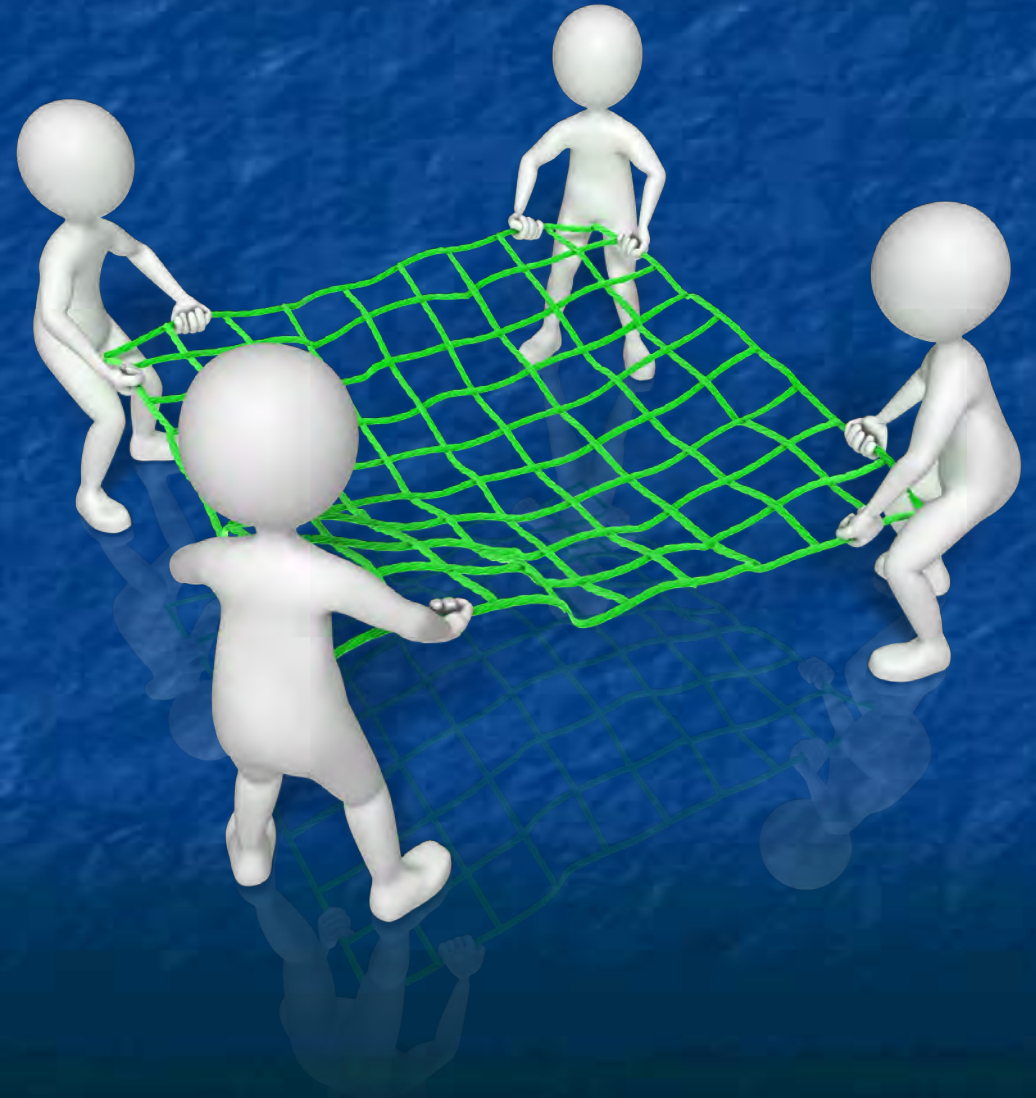
*When helping others,
I know that I am of value.*

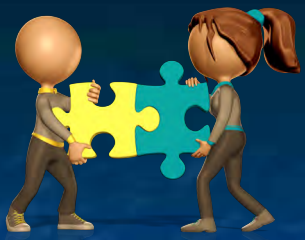




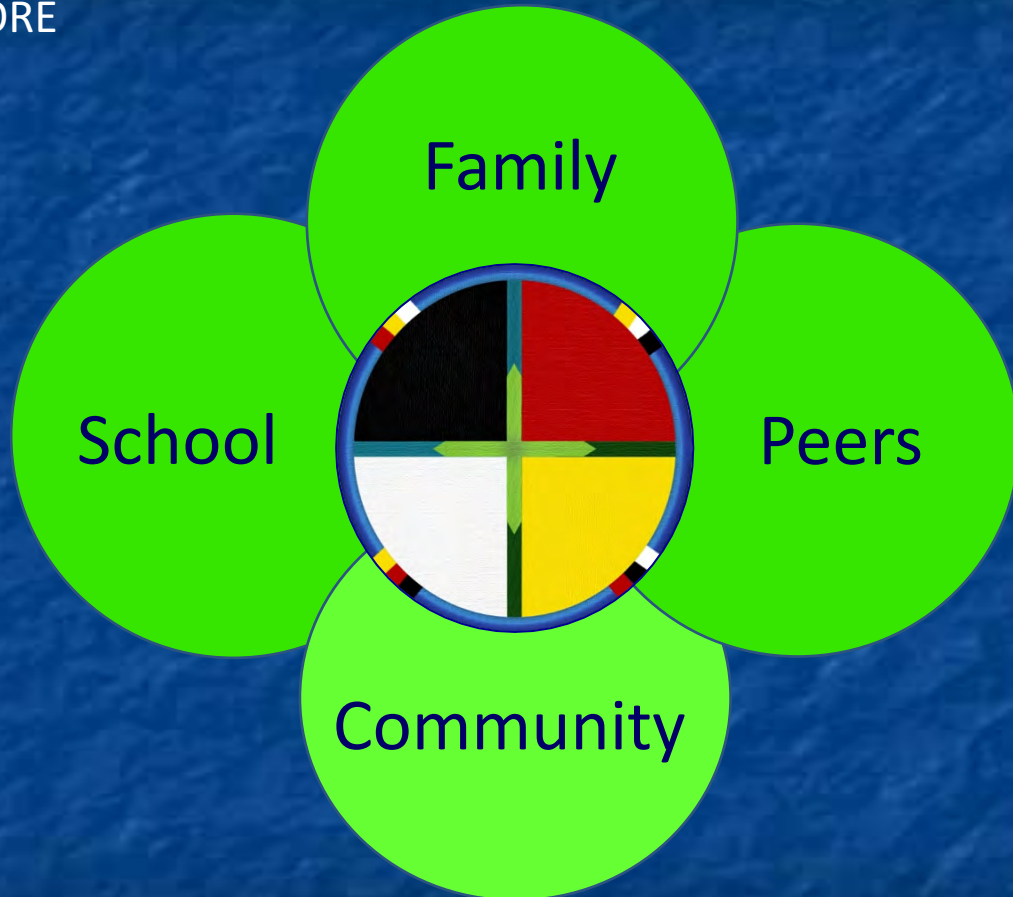
RESTORE

Positive Relational Supports





RESTORE



BELONGING

My Goal

Develop trusting relationships.

Family

I am close to my parent or caregiver.

School

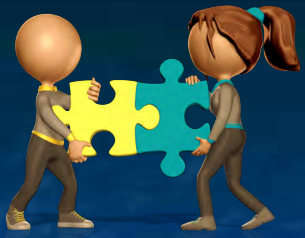
I feel like I belong in my school.

Peers

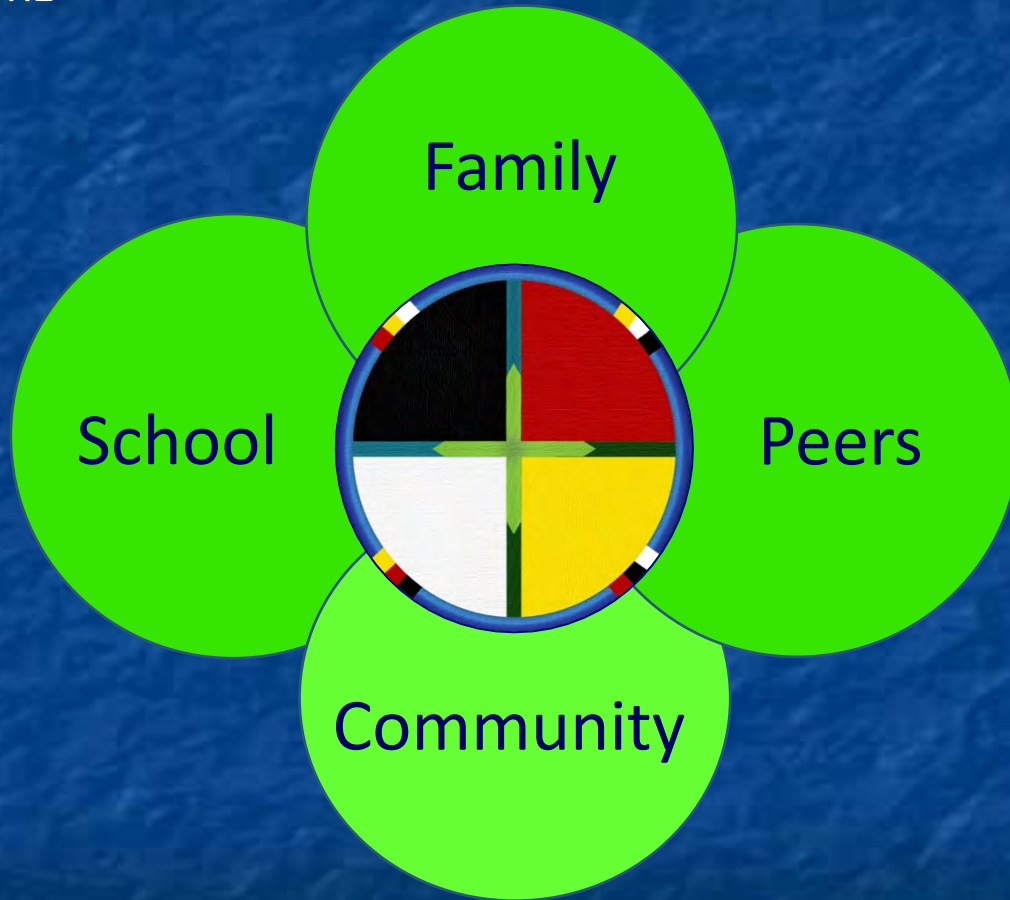
I have a friend who understands me.

Community

My community supports youth.



RESTORE



MASTERY

My Goal

Develop my strengths and talents.

Family

My family encourages me to do my best.

School

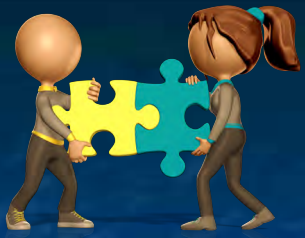
I am expected to work hard and succeed.

Peers

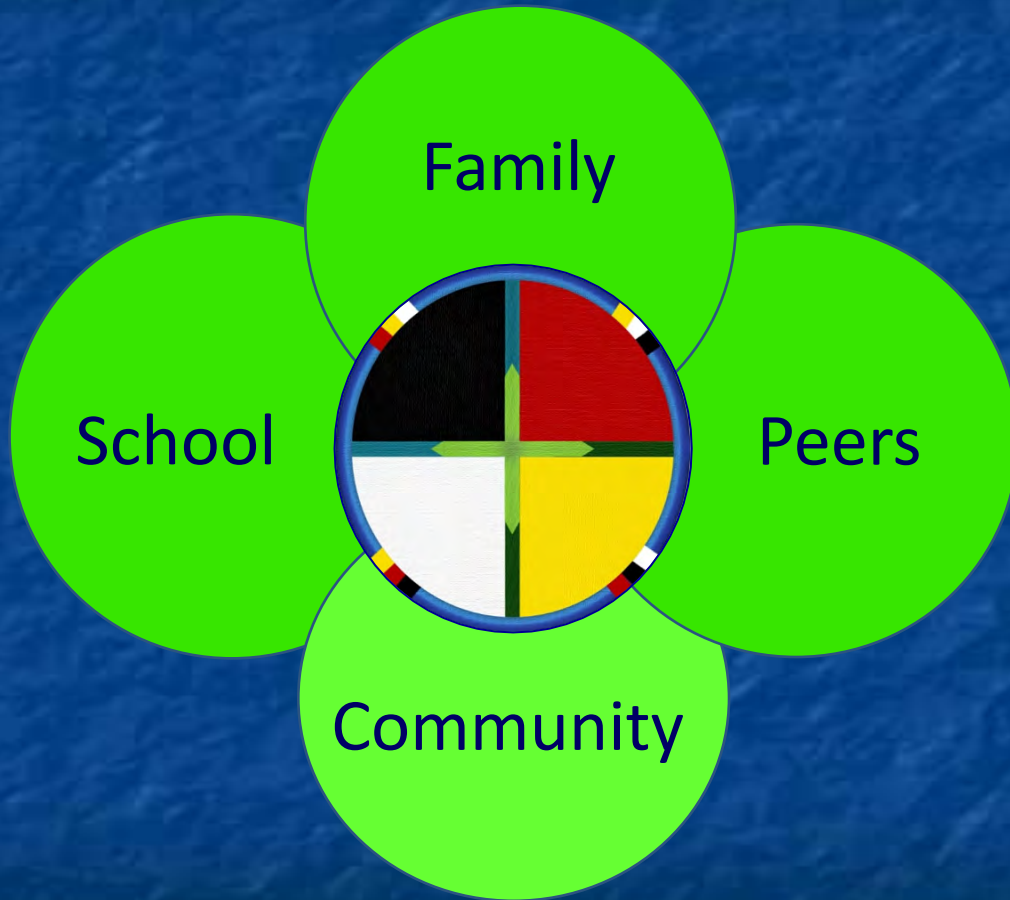
Friends support me in school and work.

Community

My community has opportunities for learning.



RESTORE



INDEPENDENCE

My Goal

Develop responsible self confidence.

Family

We share responsibilities in our home.

School

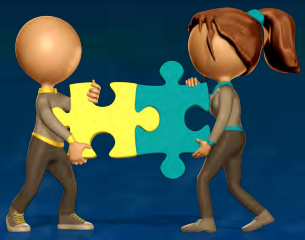
Students learn to think for themselves.

Peers

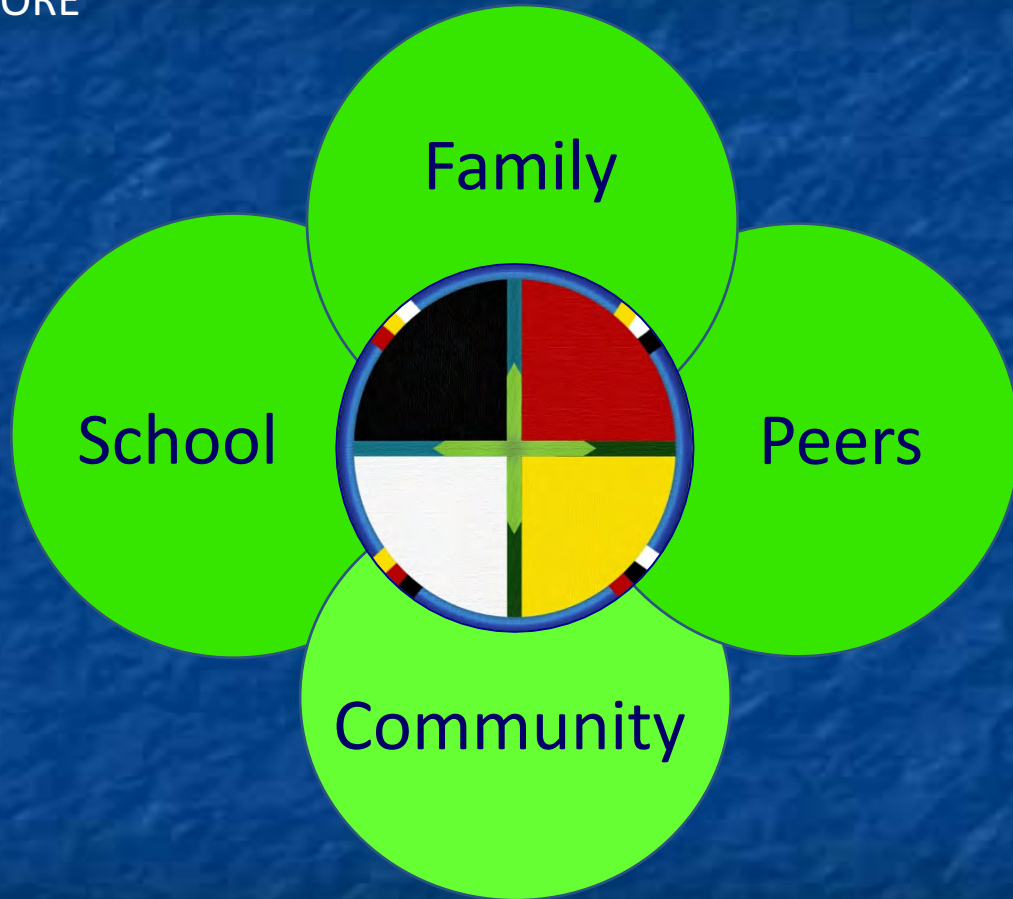
I am not easily misled by peer pressure.

Community

My community listens to the views of youth.



RESTORE



GENEROSITY

My Goal

Develop care and concern for others.

Family

My family gives support in difficult times.

School

My teachers really care about students.

Peers

My peers treat one another with respect.

Community

Young people contribute in my community.

Lives with Purpose





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