



Enlisting Youth in Creating Cultures of Respect

Larry Brendtro and Beate Kreisle

ACRC, Louisville KY July 12, 2022



RECLAIMING
Youth at Risk

reclaimingyouth.org



RESILIENCE
RESOURCES

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THRIVING

Children Youth Families



Growing Edge Training

Free Online Journal

ReclaimingYouth.org



Cultures of Respect

Cultures of Coercion

Trauma-wise Youth

Pathway to Purpose



Cultures of Respect

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For most human history, humans have lived in cultures of respect. The Zulu language calls this world-view *Ubuntu*.



INDIGENOUS WISDOM

Much knowledge about
human nature predates
Western science.

HERBERT VILAKAZI
Zululand University



For example, old African men and women, particularly the women, were consummate child psychologists.

HERBERT VILAKAZI



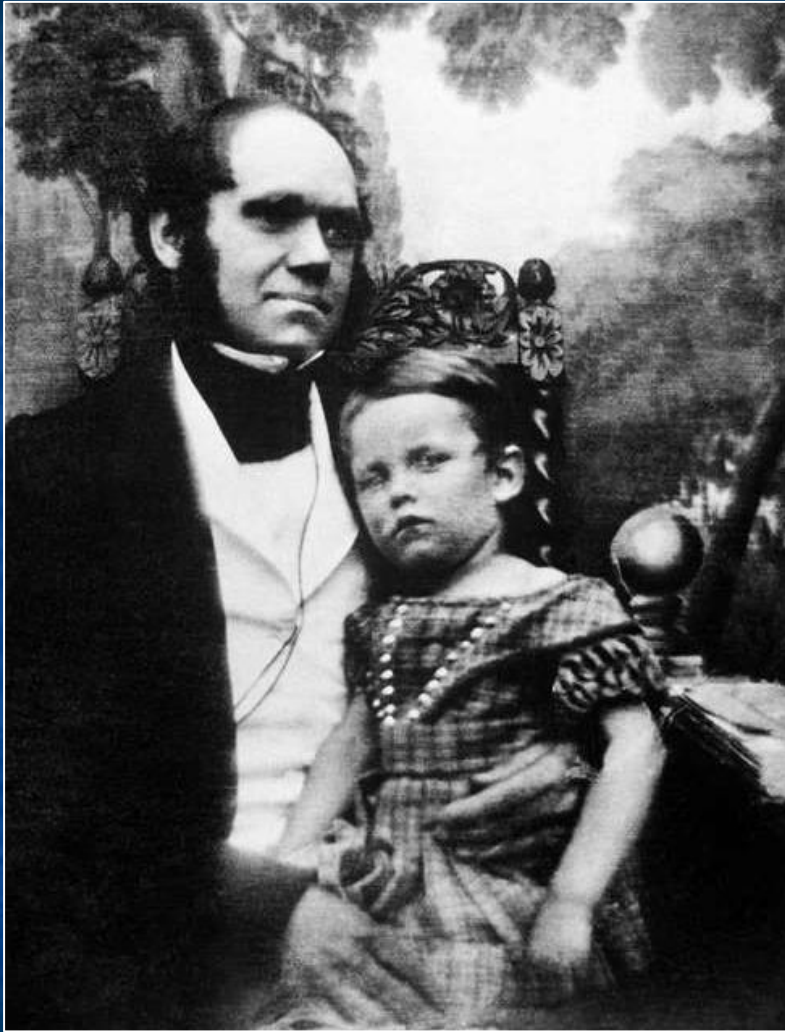
World-wide Egalitarian Values in Indigenous Cultures

Leaders are servants of the people.

The community meets the needs of all.

The village is involved in rearing the young.

Children and elders are held in great respect.



Survival of the ~~Fittest~~ Kindest

CHARLES DARWIN

When his ten-year-old daughter died of TB, Darwin concluded that compassion for those we love is the strongest instinct in most humans.

He reasoned that groups of people with more sympathy would strengthen this trait through natural selection.

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.

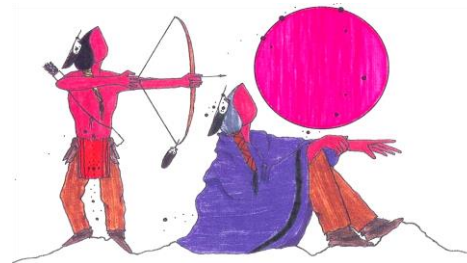
Generosity



Independence



Belonging



Mastery

What is the *active ingredient* for success with children and youth at risk in any setting?

JUNLEI LI & MEGAN JULIAN

Developmental Relationships

URIE BRONFENBRENNER

1. A strong, caring bond
2. Increasingly complex tasks
3. Shifting power to the learner
4. Relationships of reciprocity



These Meet Developmental Needs

THE CIRCLE OF COURAGE

Belonging

Mastery

Independence

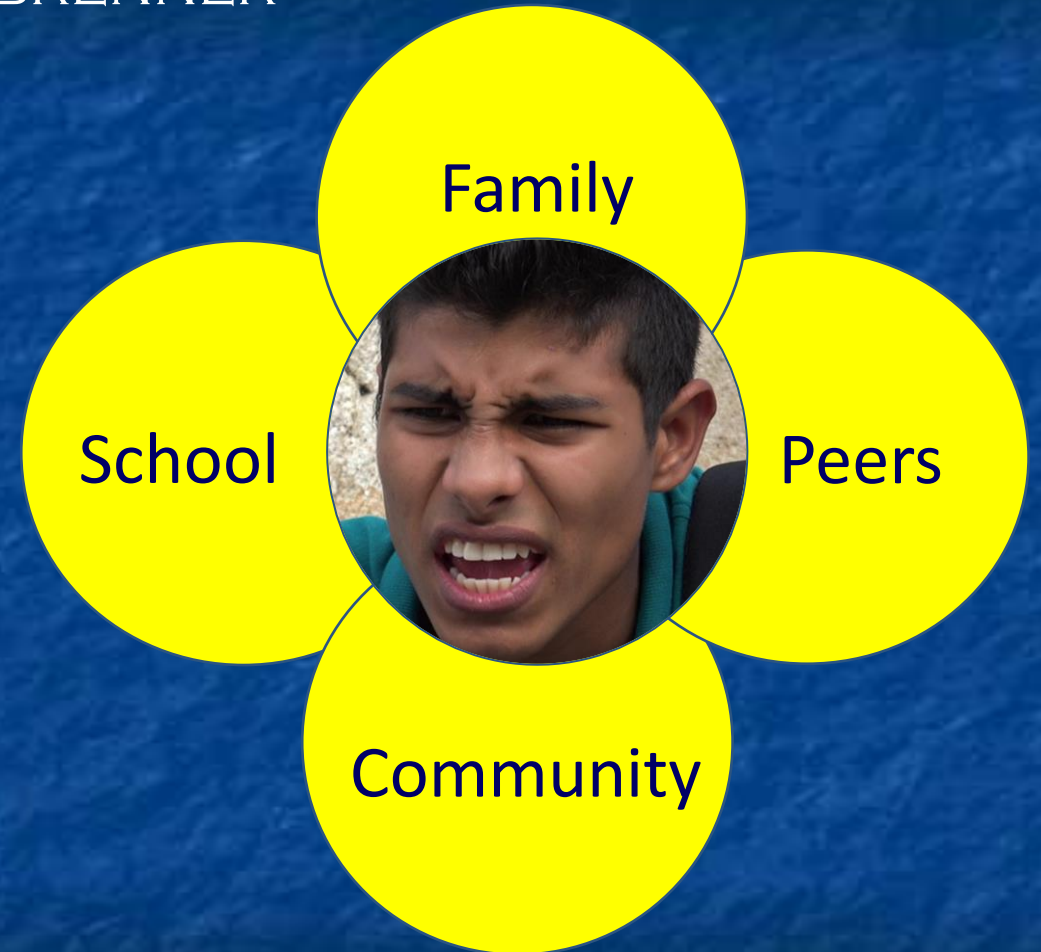
Generosity

Universal Developmental Needs

Circle of Courage	Belonging	Mastery	Independence	Generosity
Hierarchy of Needs Maslow (1943)	Belongingness	Esteem	Self-Actualization	Self-Transcendence
Self Esteem Coopersmith (1967)	Significance	Competence	Power	Virtue
Positive Peer Culture Vorrath & Brendtro (1974)	Trust	Problem Solving	Responsibility	Care and Concern
Resilience Research Bernard (2004)	Social Competence	Problem Solving	Autonomy	Purpose
Resilient Brains Masten (2014)	Attachment	Mastery Motivation	Self-Efficacy	Spirituality/Purpose

Developmental Relationships

URIE BRONFENBRENNER



Children thrive when their needs are met and are at risk when their needs go unmet.



Traditional cultures focus on meeting needs of children.

BARBARA ROGOFF

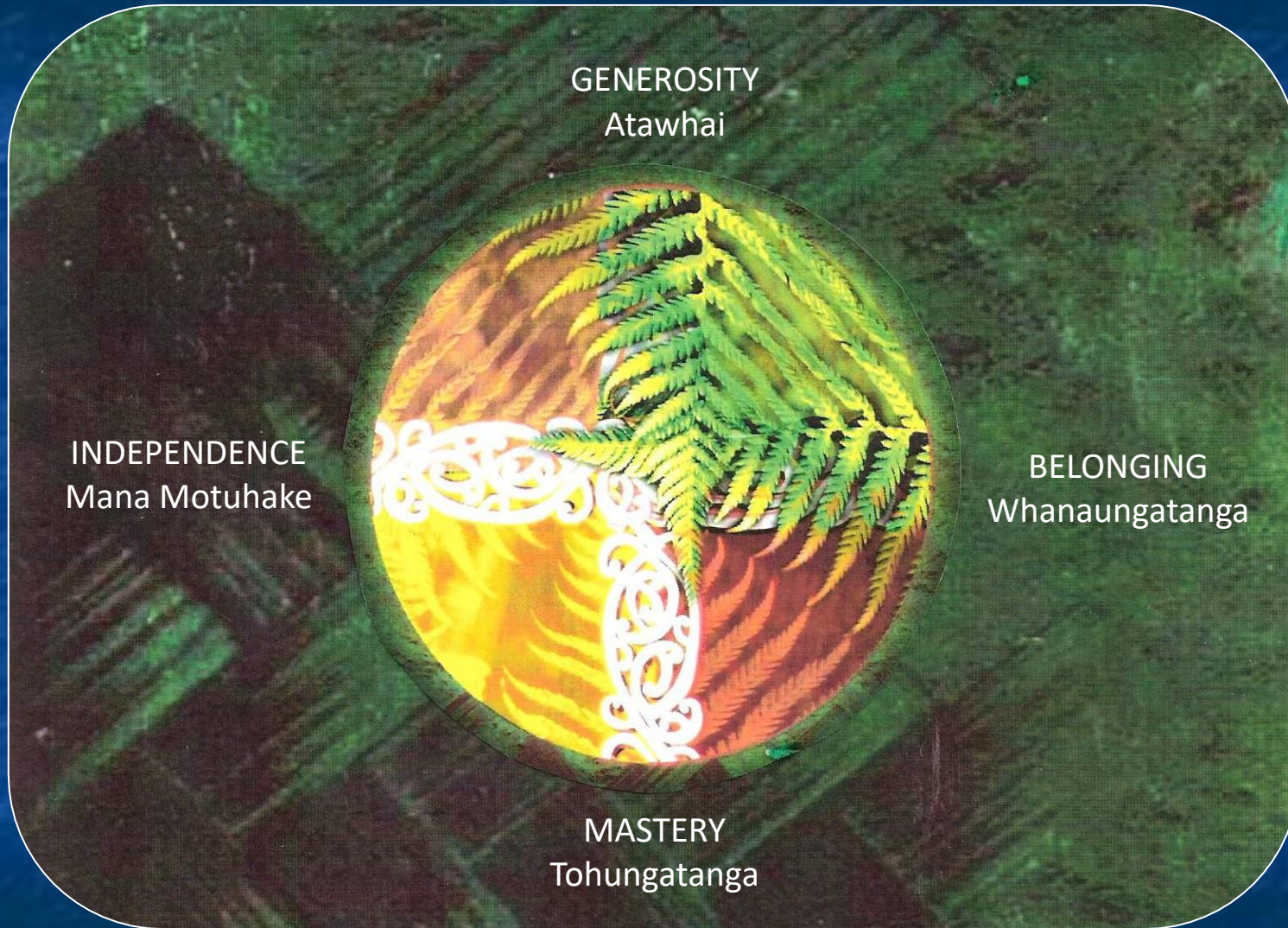
Rearing Children in Cultures of Respect



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)



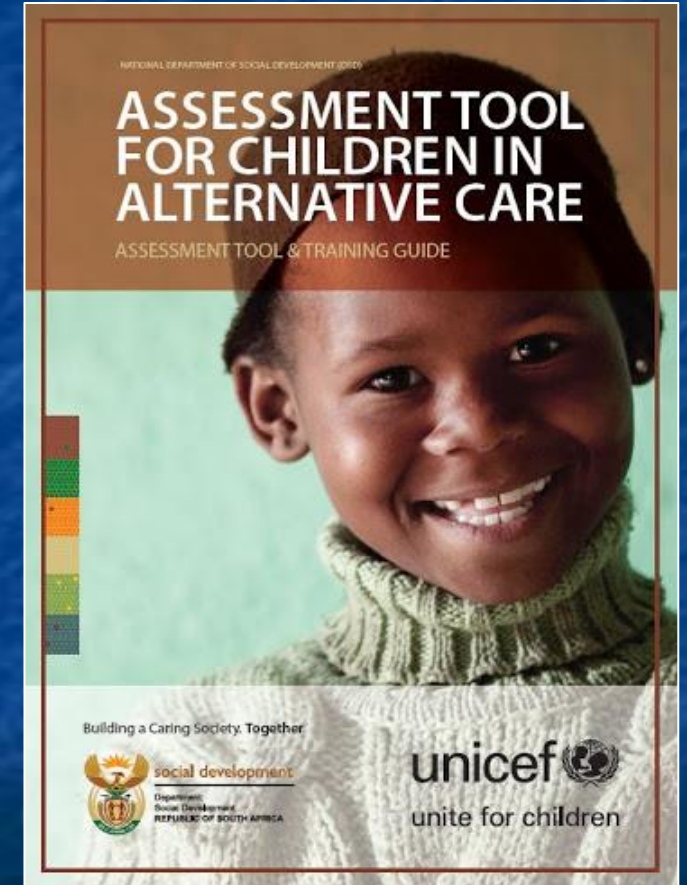
A First Nations carver expresses the Circle of Courage as animals in this totem.

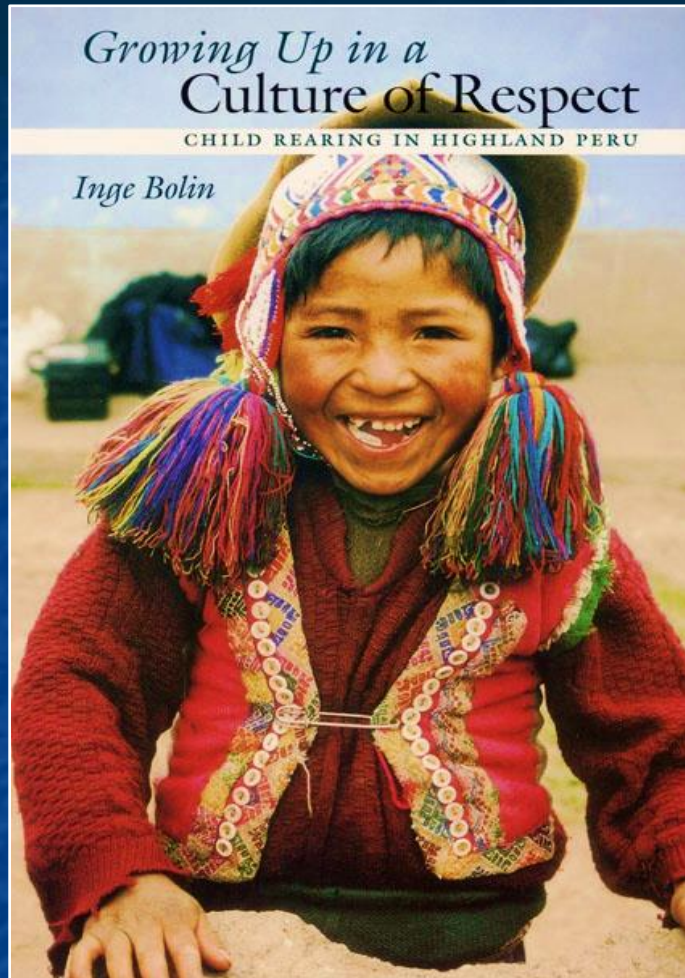
The Circle of Courage role in transforming services for young people at risk in democratic South Africa.



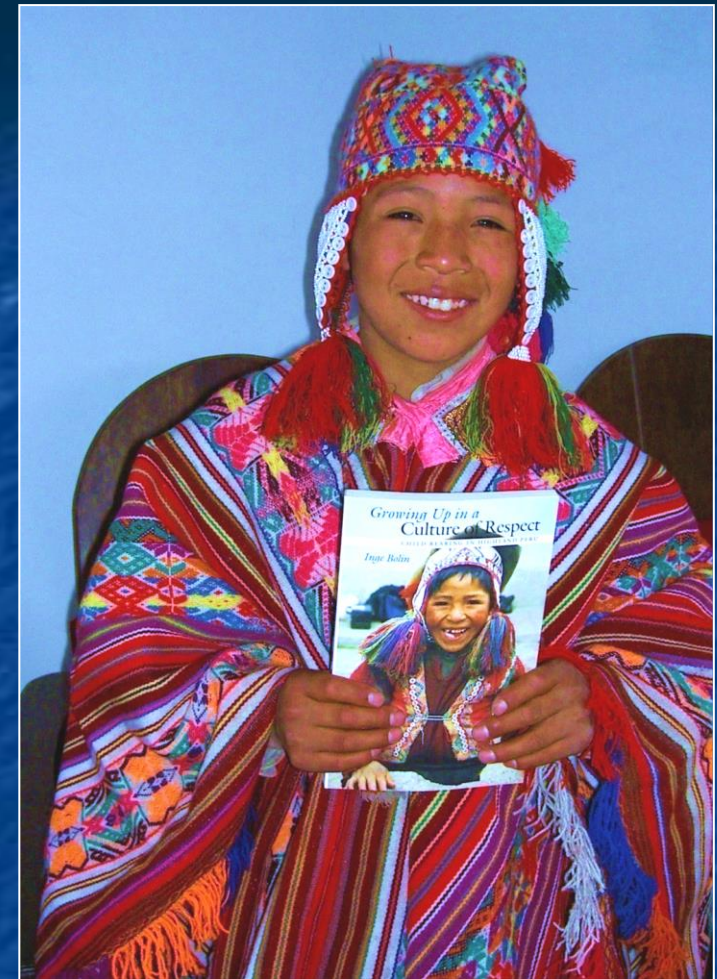
Let us build a country in which our children and youth can learn to care for and respect others.

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



Despite great poverty, children are polite, responsible, compassionate, curious, adventurous, and courageous even at a very young age.

INGE BOLIN



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.

The Circle of Courage Builds Positive Peer Cultures with Immigrant Youth in Adelsheim, Germany

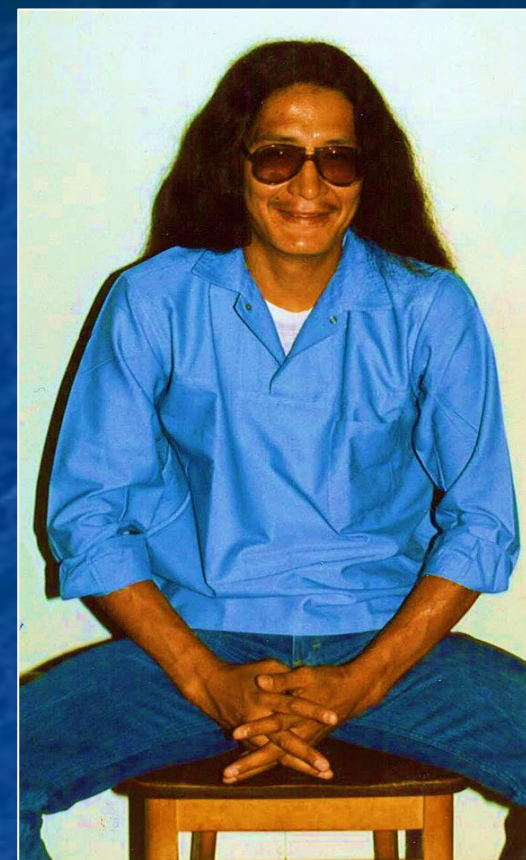
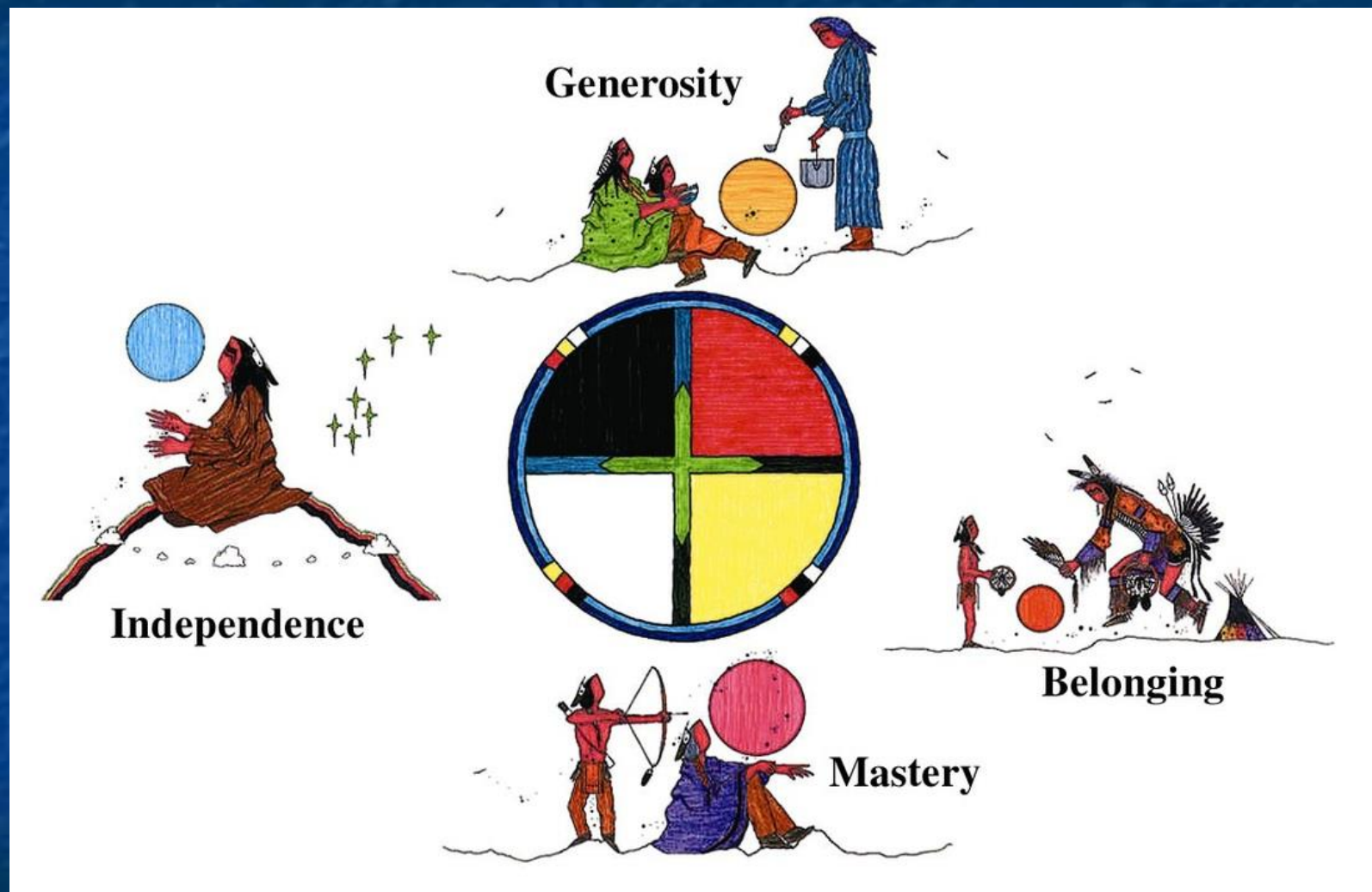


We treat each other with respect.

We help others if they have problems.

We reject all physical or psychological violence.





Lakota Artist
George Blue Bird



We used to have fights every day, but now we never fight—we have learned to treat one another as human beings.

Youth in Peer Helping Group

Many staff used to call in sick because of all the stress of this job—but now we enjoy coming to work.

Youth Supervisor



Projekt
Fördernde Gruppen-
Kultur

im Jugendstrafvollzug der JVA Adelsheim

Haus E1

Violence includes humiliation and depreciation of the other person.

When we engage in violence, we want to make the other “small” and ourselves superior.

That stands in bold contrast to showing respect to one another.

REFUGEE YOUTH IN ADELSHEIM

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



Cultures of Respect

Cultures of Coercion

Trauma-wise Youth

Pathway to Purpose



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



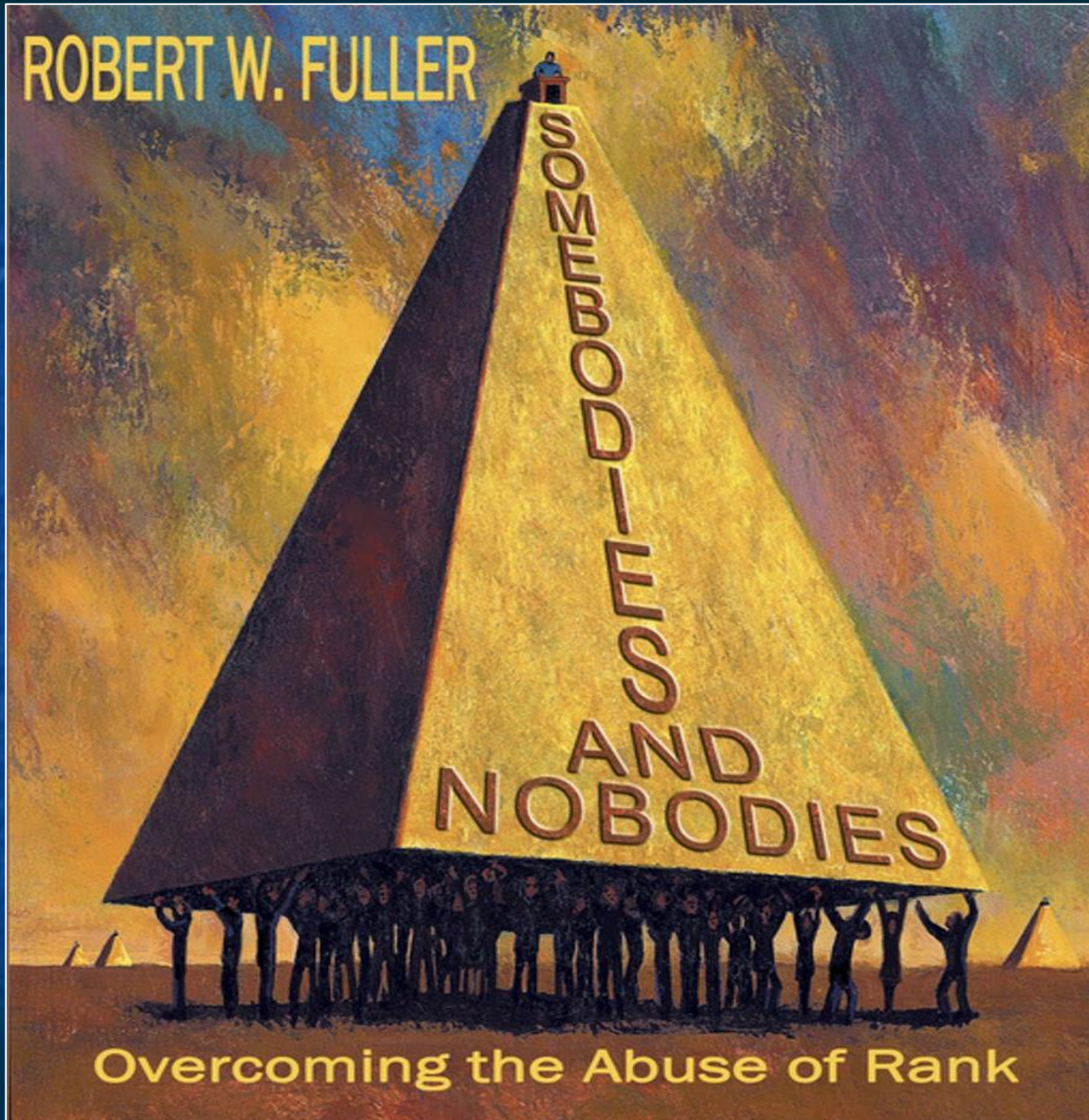
Cultures of Domination

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

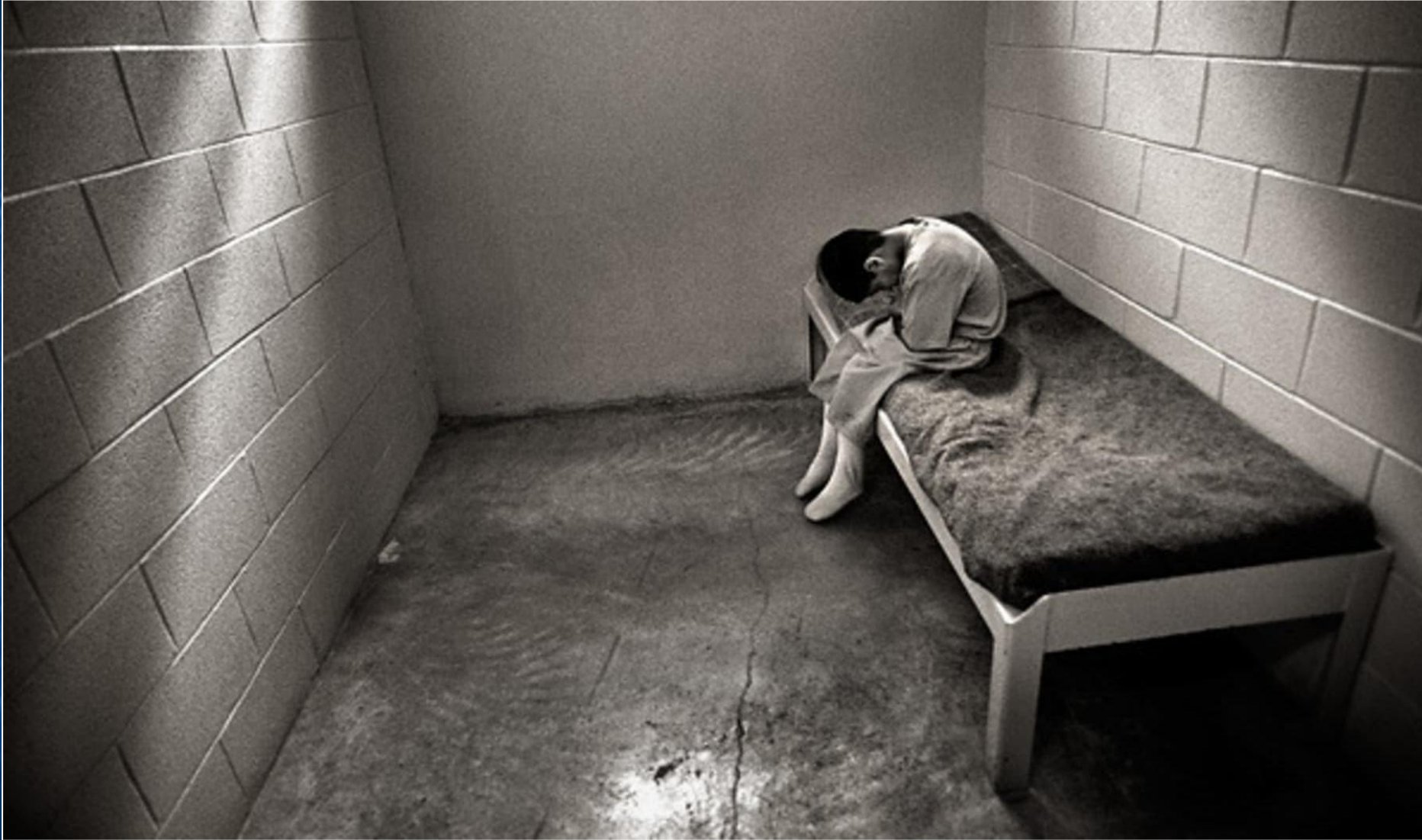
Pain Based Behavior



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?*

Adverse Childhood Experiences



Household Stress

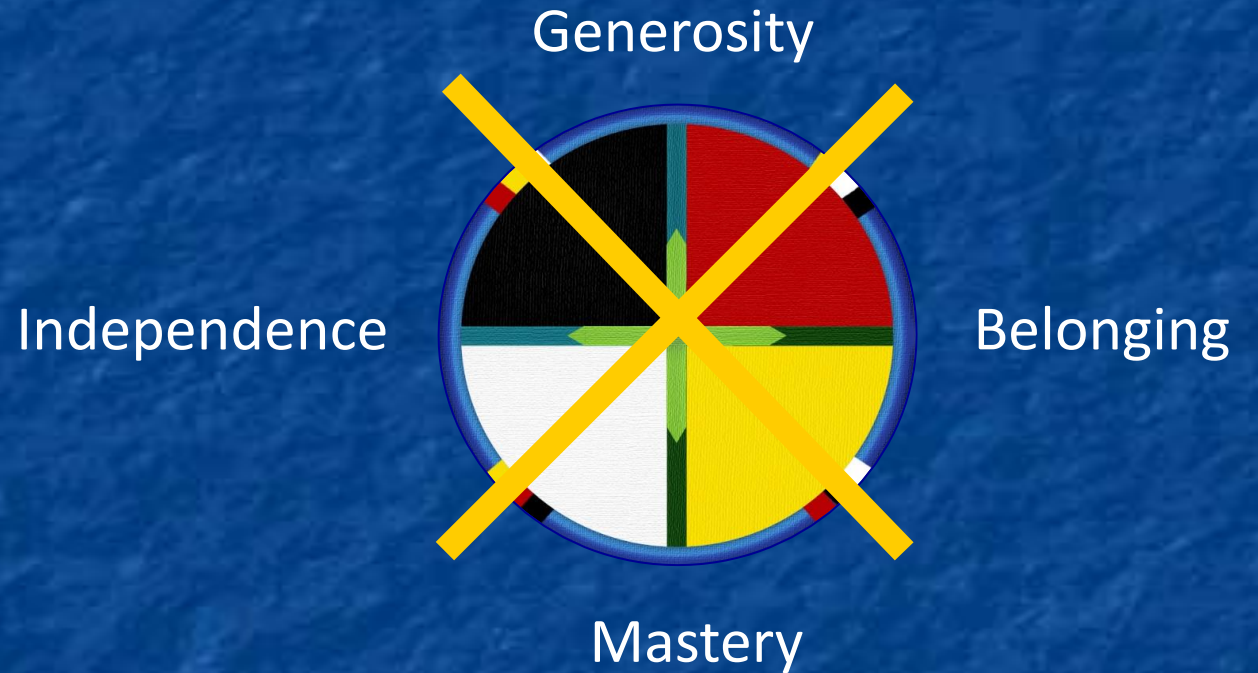
1. Divorce or separation
2. Substance abuse
3. Domestic violence
4. Criminal behavior
5. Mental illness

Abuse and Neglect

6. Psychological abuse
7. Physical Abuse
8. Sexual Abuse
9. Physical Neglect
10. Emotional Neglect

What are some other adverse events?

Adversity becomes toxic when it disrupts developmental needs.





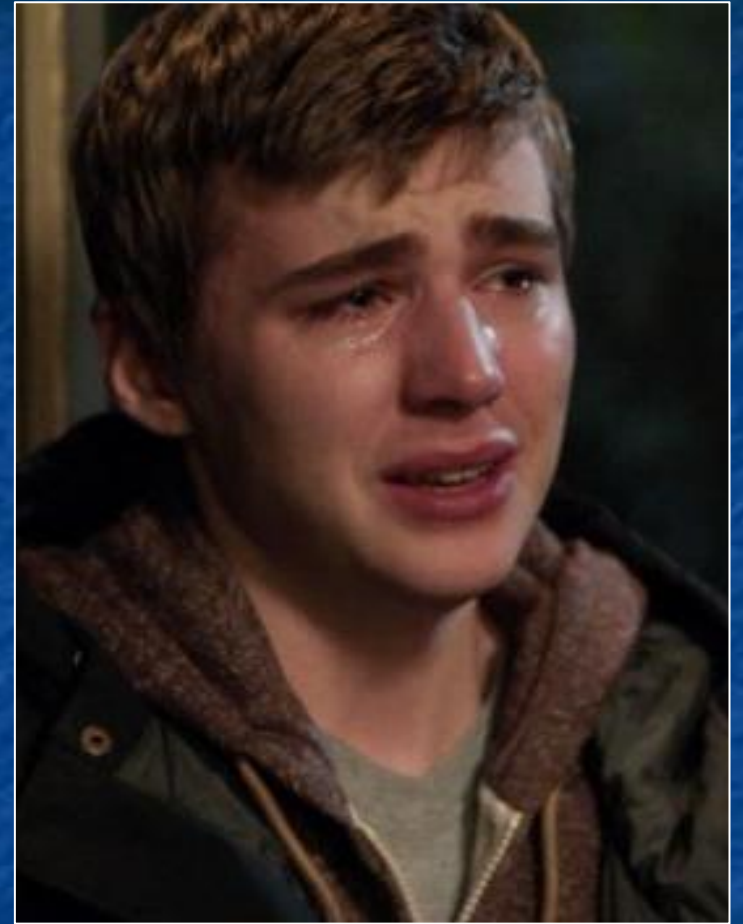
Trauma and Loss

Threatened and helpless

BESSEL VAN DER KOLK

Too much stress
with too little support

ALAN SROUFE





Developmental Trauma (AKA Relational Trauma)

Multiple, prolonged, adverse events, often beginning in early childhood relationships.

Includes physical, emotional, and educational neglect and maltreatment.

BESSEL VAN DER KOLK

Impact of Racial Trauma

KENNETH HARDY

Surface Symptoms

Acting Out

Withdrawal

Helplessness

Hopelessness

Substance Abuse



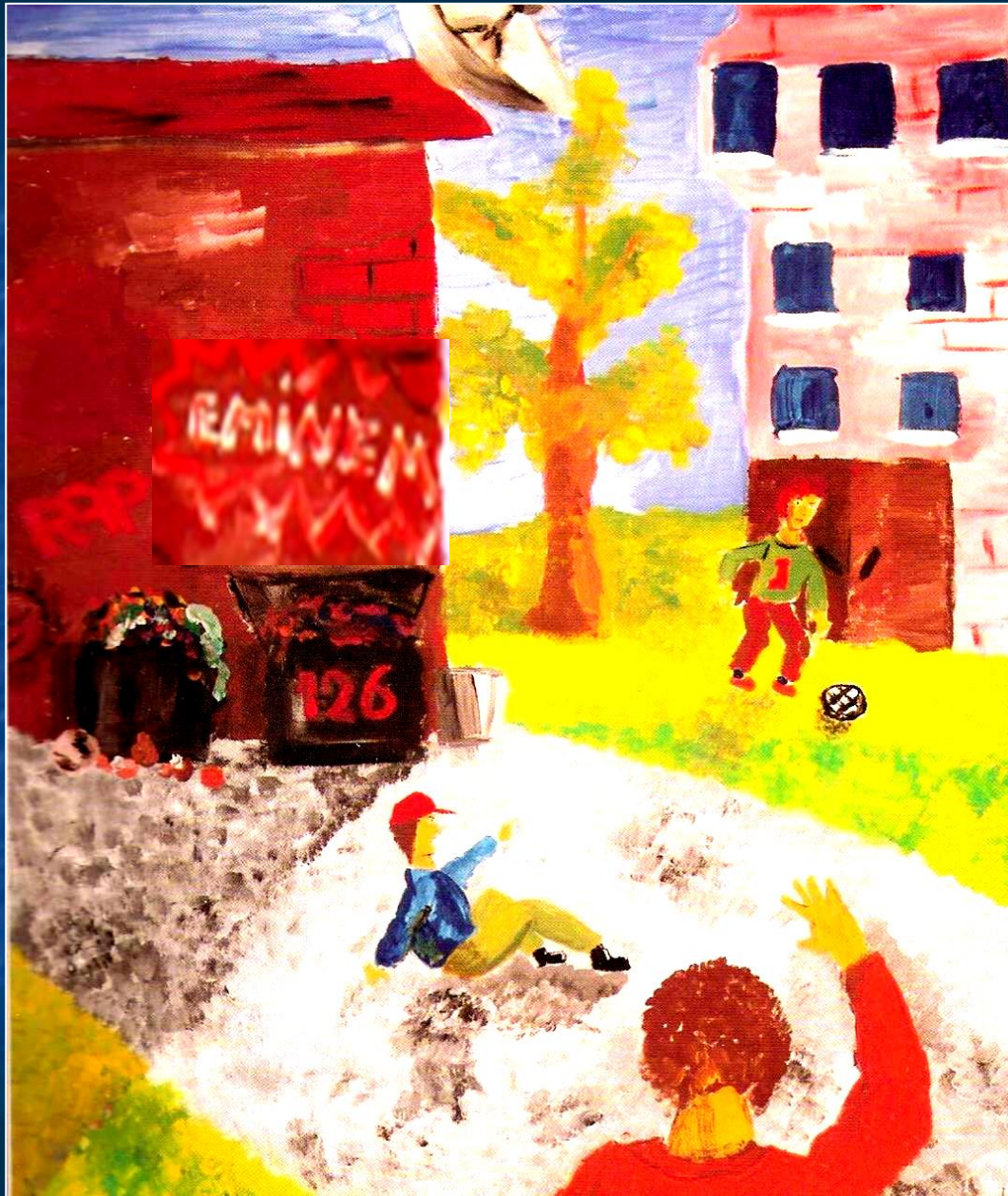
Hidden Wounds

Disrespect

Voicelessness

Wounds of Rage

Wounded Self-Worth



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

Labeling Chemicals as Cool



Cocaine: Angel Powder, Gold Dust, Heaven Dust, Joy Flakes

Heroin: Black Pearl, Bubble Gum, Chocolate, Dynamite

Marijuana: Acapulco Gold, All-Star, Christmas Tree, Jolly Green

DEA: Slang Terms and Code Words



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.

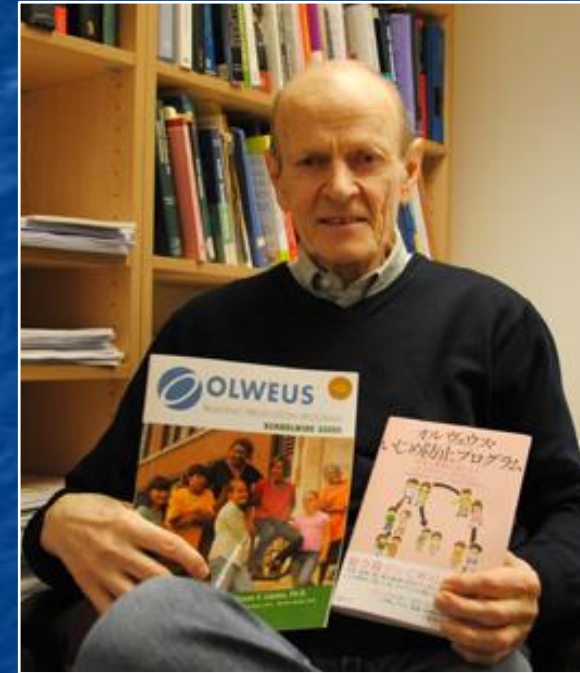


In authoritarian schools, bully prevention programs have little effect. These target bullying behaviors but fail to change student values or the school culture.

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





Cultures of Respect

Cultures of Coercion

Trauma-wise Youth

Pathway to Purpose



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?





Peers as Traumatizers

Bullying Conference at Starr Commonwealth



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

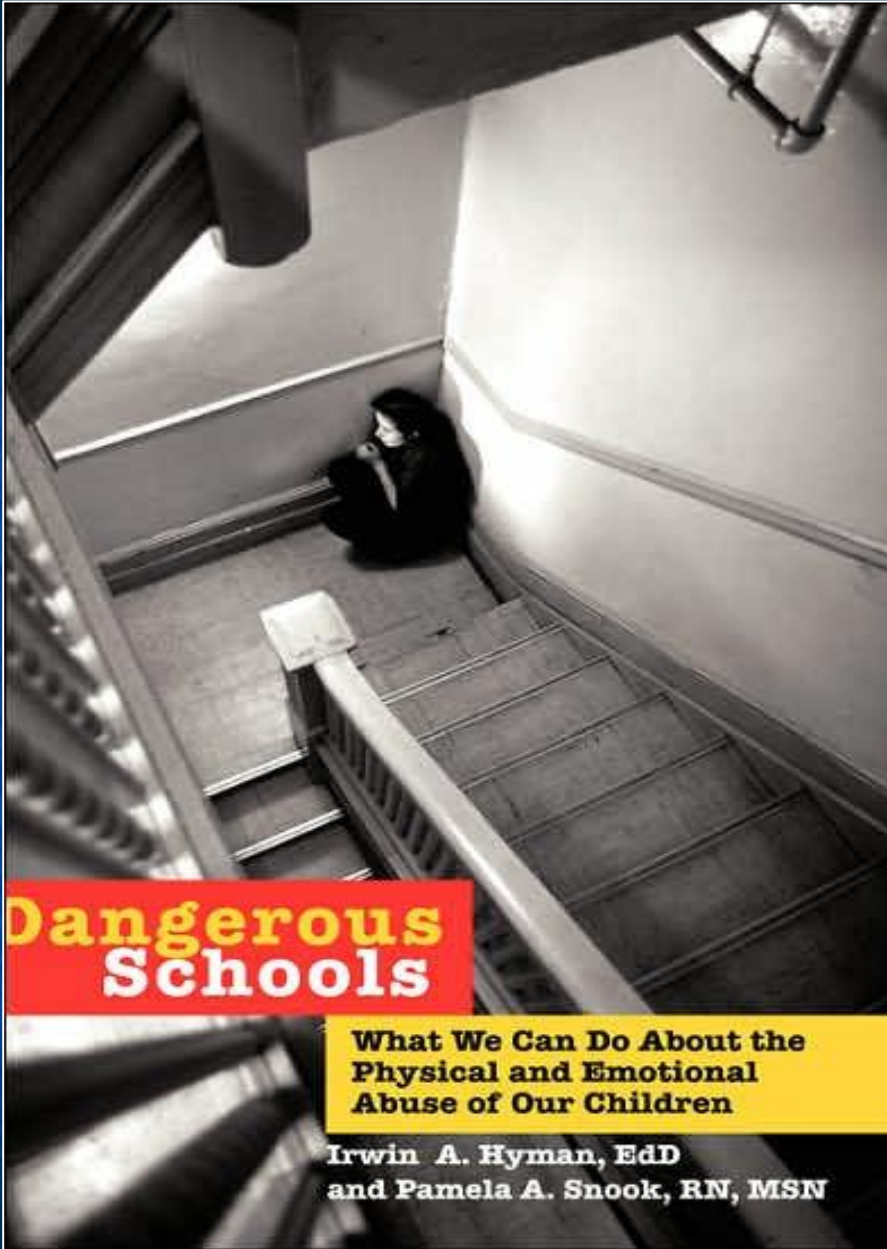


Healing Trauma

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
L
T
S
40%

P
E
E
R
S
60%

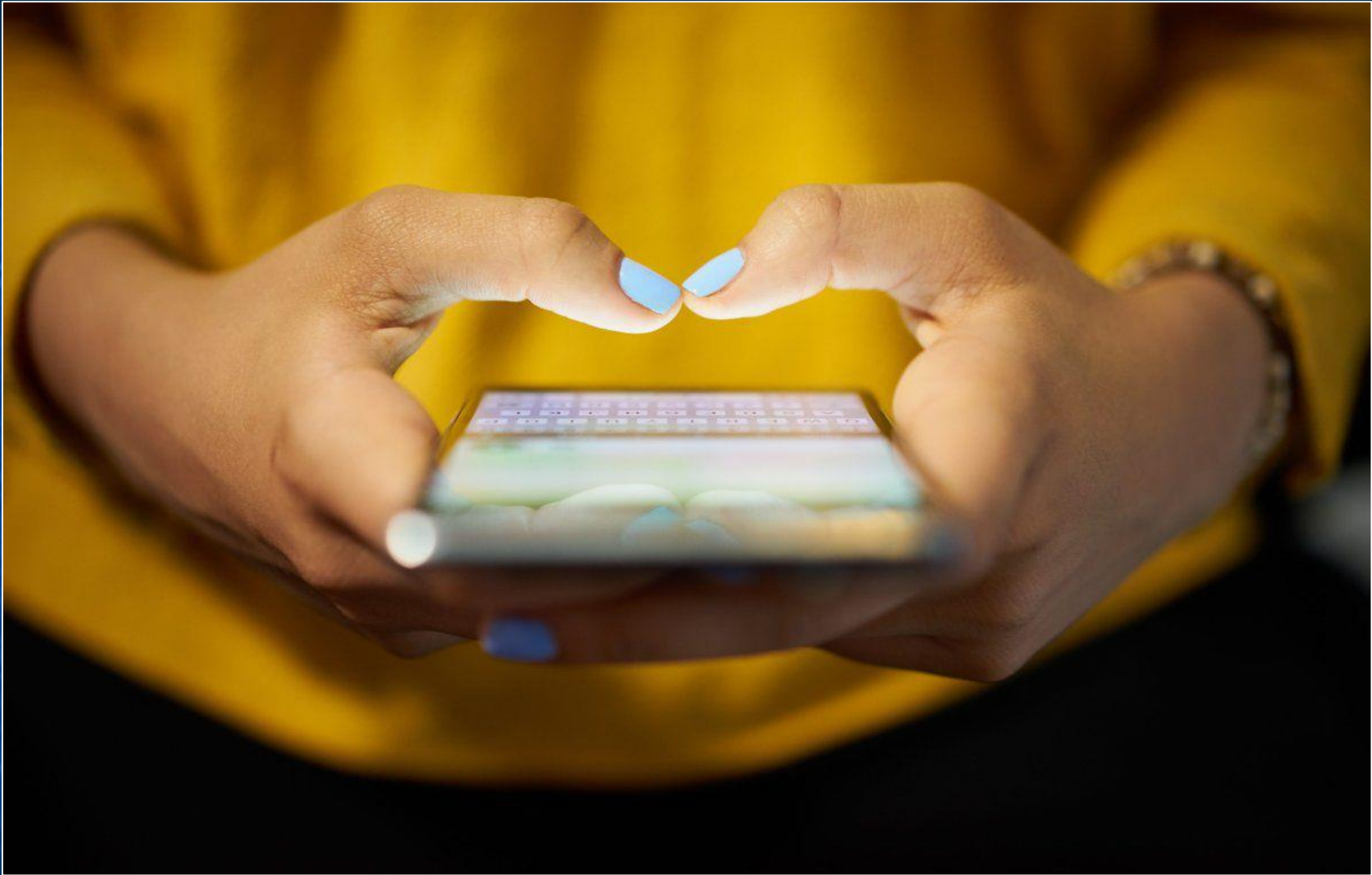
My Worst School Experience

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

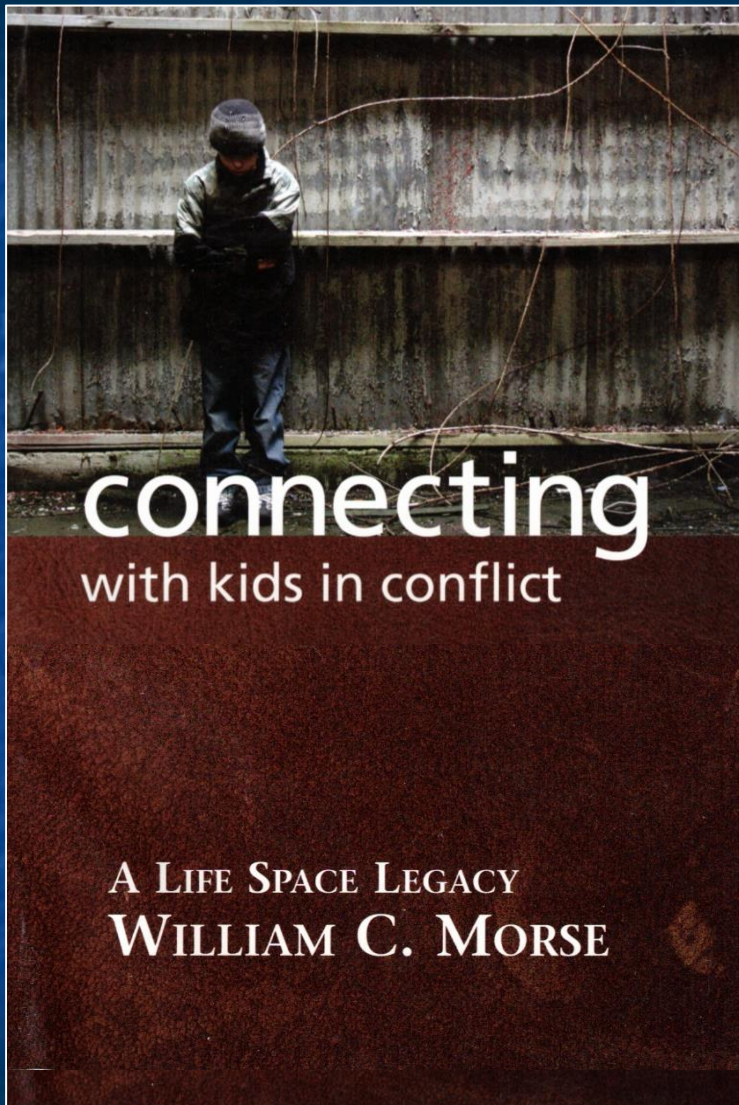


Involve adults directly in the life space of youth rather than let peer groups dominate development.



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

URIE BRONFENBRENNER
Making Human Beings Human



Life Space

The use of daily life events as they occur to promote growth, development, and learning.

MARK SMITH

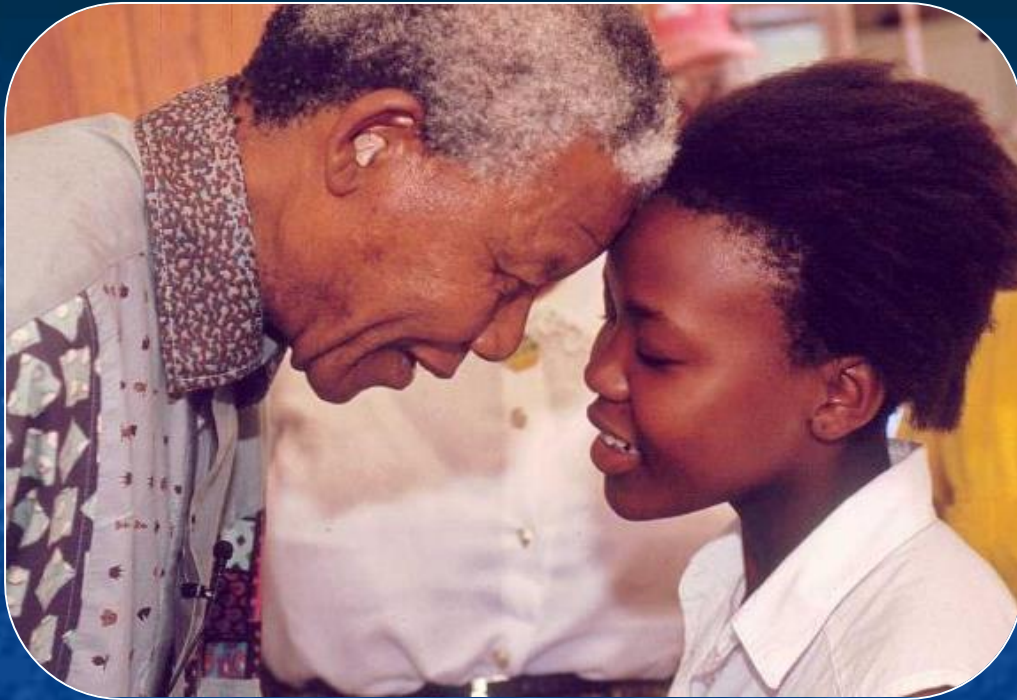
University of Edinburgh

Life Space Interview

A playful problem-solving conversation using a challenge or crisis as a learning opportunity.

WILLIAM C. MORSE

University of Michigan



President Nelson Mandela of South Africa transformed services for young people at risk in an initiative led by Lesley du Toit.

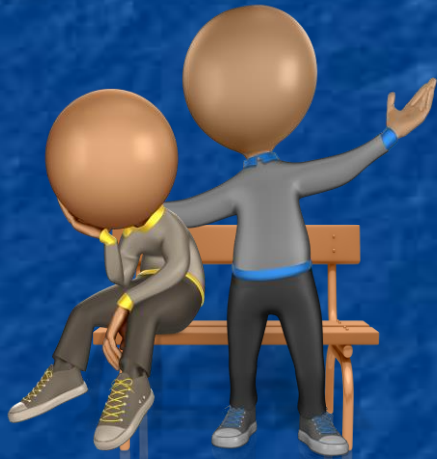


She piloted a life space approach called RAP so adult and youth mentors could respond to needs instead of reacting to problems.

LESLEY DU TOIT

Response Ability Pathways — RAP

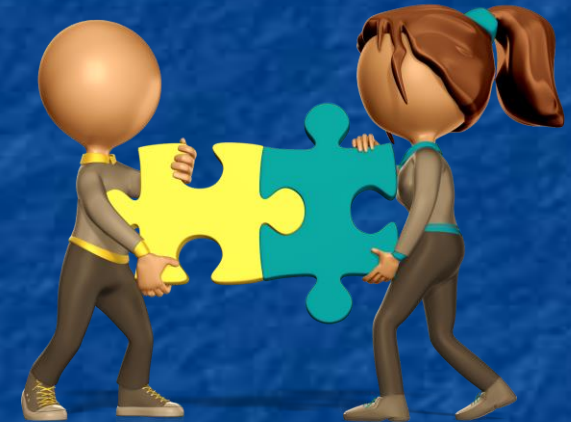
Our Problem-Solving Brain



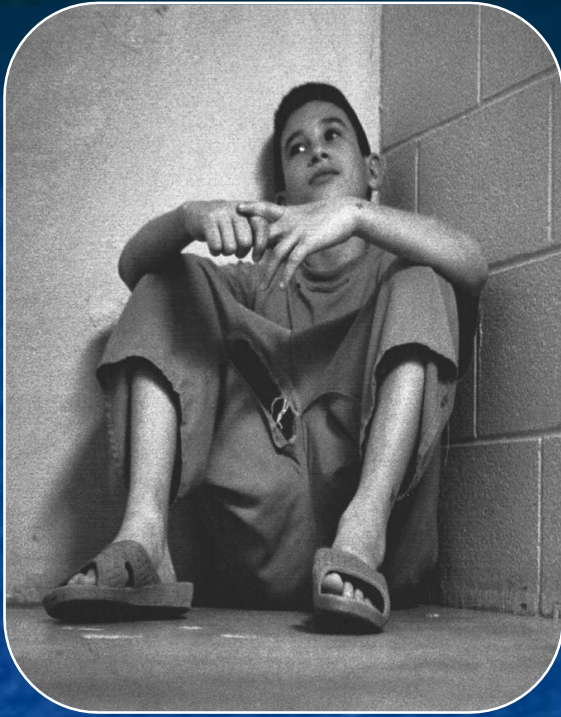
1. CONNECT



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?

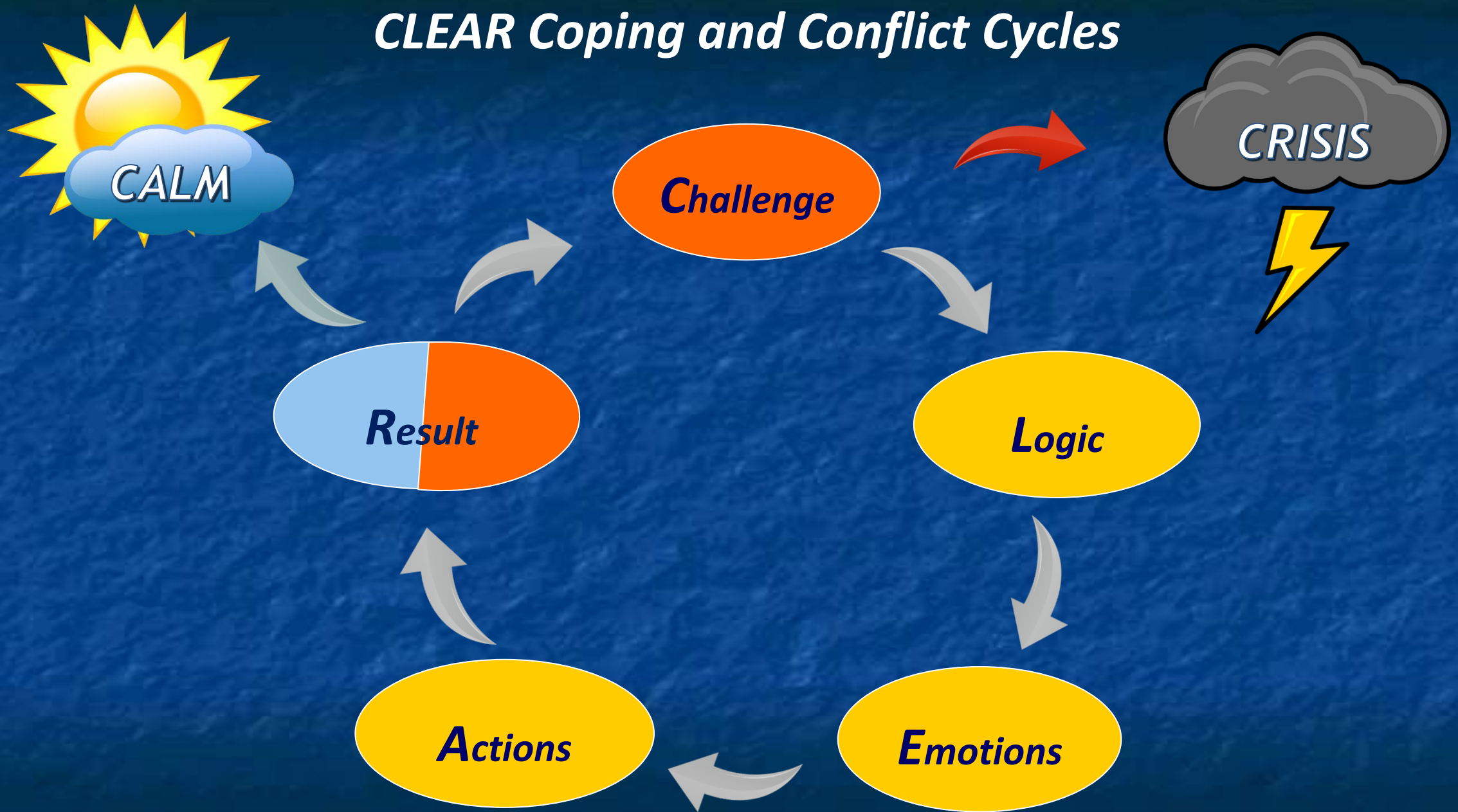
Action

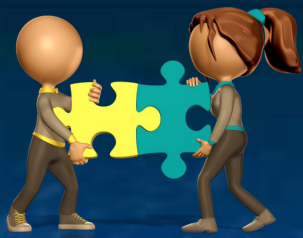
What was the
specific behavior?

Result

What was the
outcome?

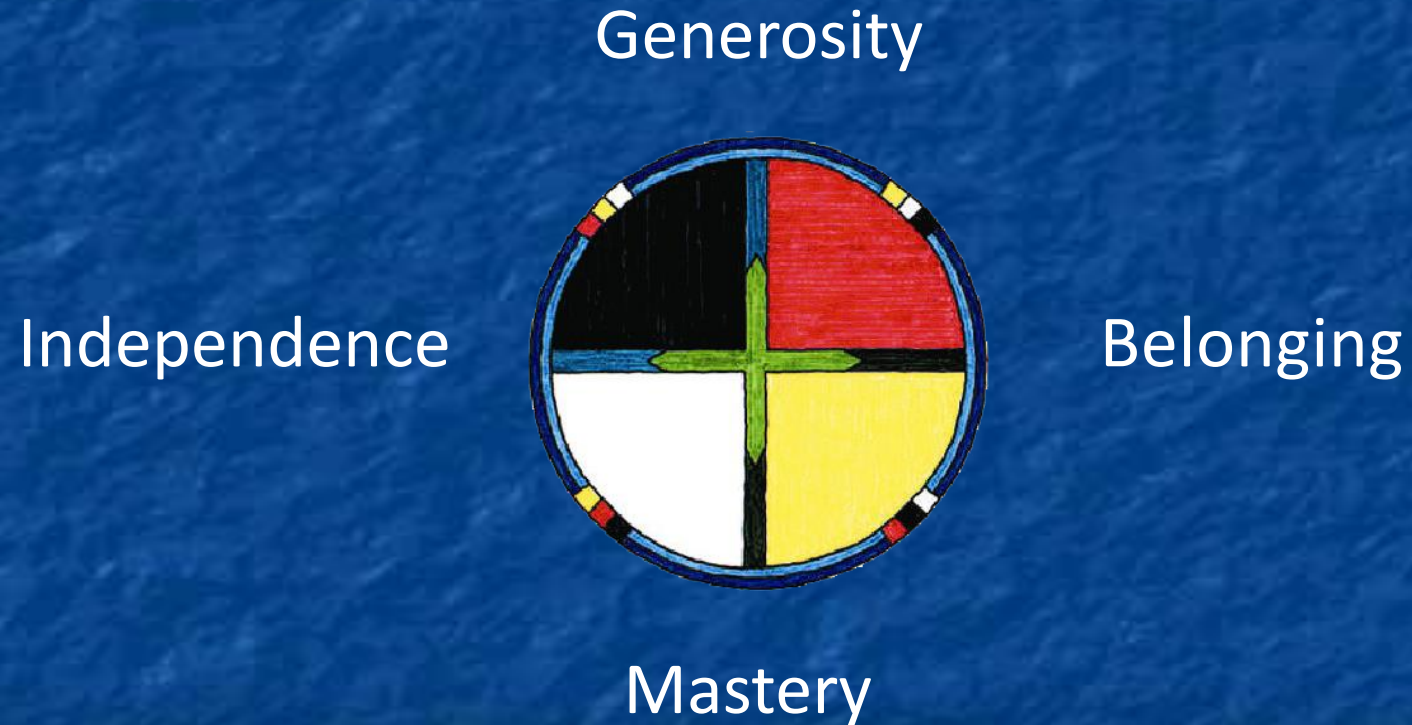
CLEAR Coping and Conflict Cycles

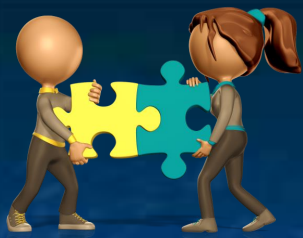




RESTORE

Building Strengths and Meeting Needs





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.



Problem List

These are common challenges faced by children and youth.



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

Growth Goals

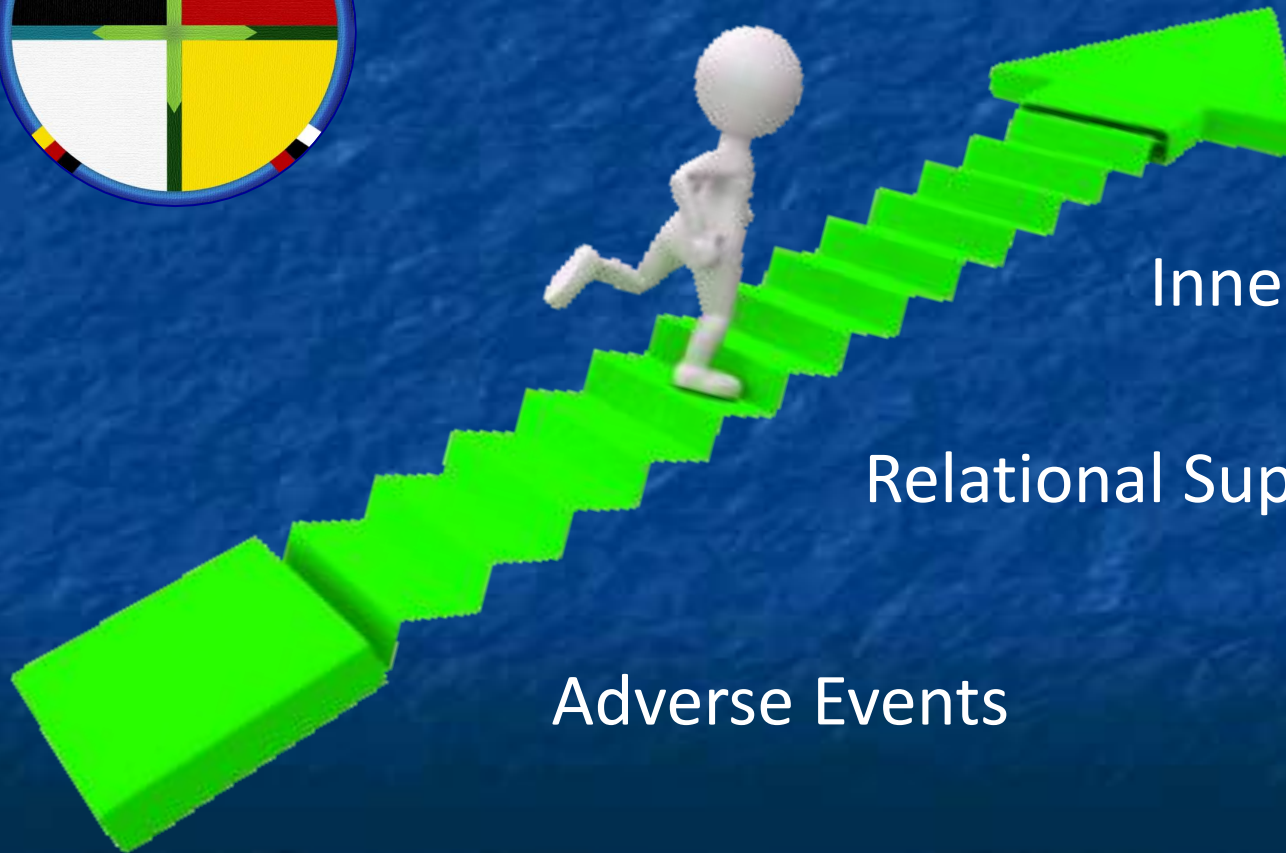
Solving problems develops strength and resilience.



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

EMMY WERNER

The Path to Resilience



Inner Strengths

Relational Support

Adverse Events





Cultures of Respect

Cultures of Coercion

Trauma-wise Youth

Pathway to Purpose



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



Maslow and the Blackfoot People in Alberta, Canada

Maslow's summer of 1938 with the Blackfoot First Nation transformed his perspective on human behavior.

While he had assumed power was the primary human motivation, this culture was built on generosity and the people lived in harmony.

ABRAHAM MASLOW

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

LEARNING BY HELPING

Barbara Rogoff, Angélica López Fraire, & Lucía Alcalá





Outward Bound Teens in Costa Rica

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



Each young person has a *Grande Passion* which is often hidden.

KURT HAHN



Successful Service Activities

Challenging: *This will be difficult.*

Benefit others: *They need our help.*

Relationship-based: *The joy of service.*



The Joy of Giving

When persons being helped return kindness, the circle of reciprocity is complete. This unleashes the shared feeling of joy.

NEL NODDINGS

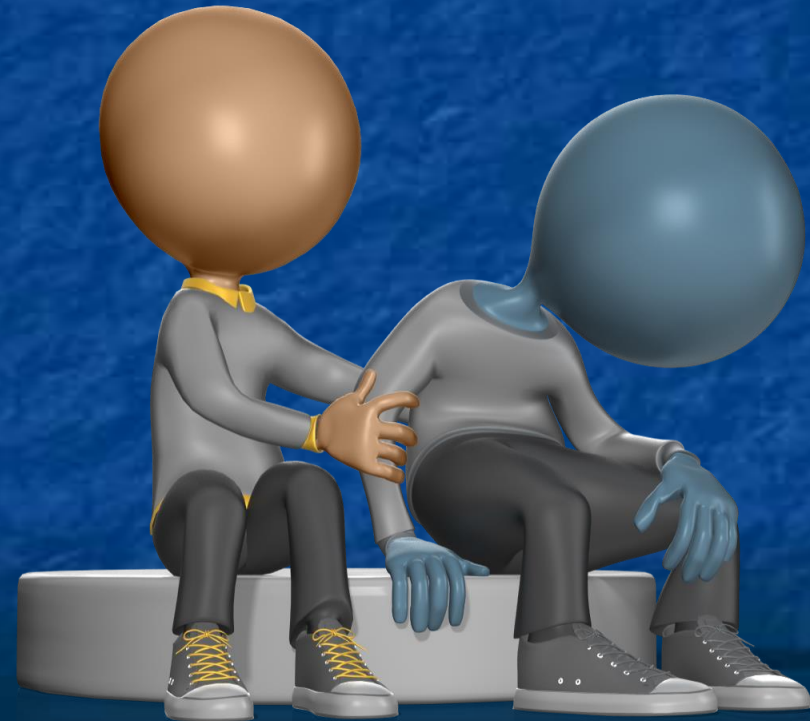
A Care Recipient

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



Caring for Others

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





Labels and Scripts

Values are rooted in language.

BERT PEETERS
Australian National University

What does this graffiti script say about relationships of youth to authority?



Scripts reflect the values of a group so whoever controls the scripts shapes the culture—for better or worse.

BELONGING Scripts



We make all feel welcome.

We support one another.

We include all in the group.

We have a great group.

MASTERY Scripts

That's a great job!

Failure is feedback.



Work hard to get smart.

Solving difficult problems.

INDEPENDENCE Scripts



Making mature decisions

Taking responsibility

Keeping calm under pressure

Thinking for yourself

GENEROSITY Scripts

We care for one another.

We help people in need.



We respect one another.

That showed real concern.



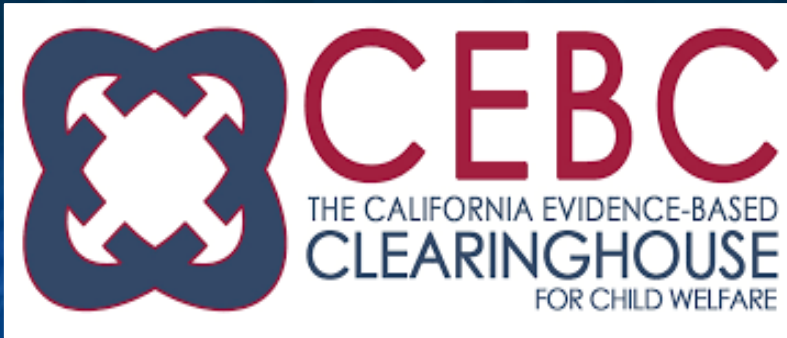
positive peer culture

The Evidence Base for Positive Peer Culture

Key Research Outcomes

1. Student and staff safety
2. Close adult and peer bonds
3. Problem-solving abilities
4. Lower incidence of crisis
5. Internal locus of control
6. Increased self-worth
7. Prosocial behavior and values
8. School engagement
9. School achievement
10. Lower recidivism

ERIK LAURSEN

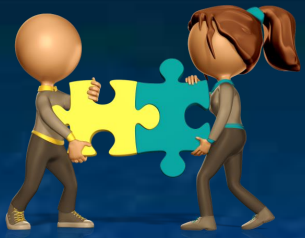


SIGRID JAMES,
University of Kassel, Germany

Positive Peer Culture (PPC)

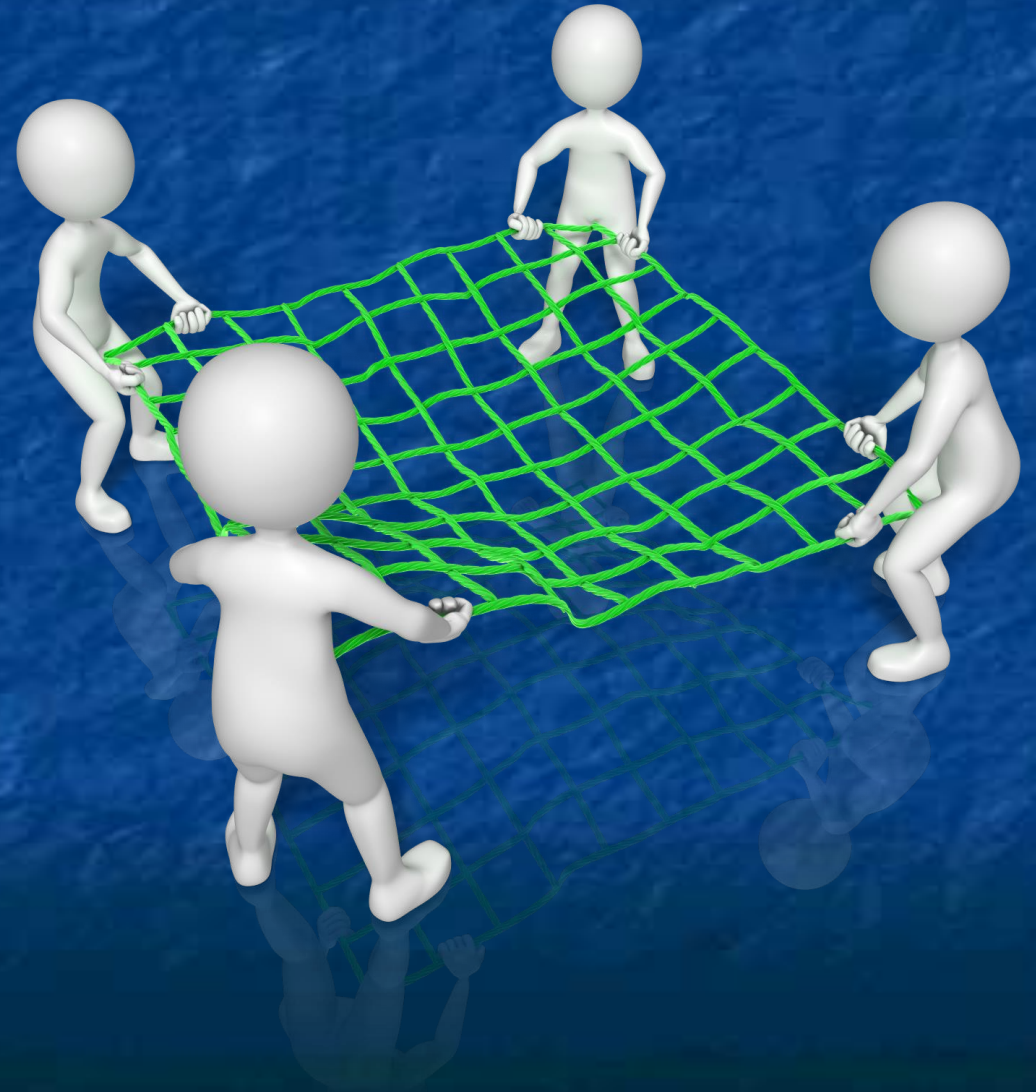
Scientific Rating 2: Supported by research evidence.

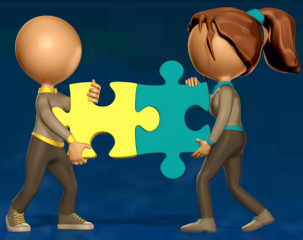
Program Overview: PPC is a peer-helping model designed to improve social competence and cultivate strengths in youth. Care and concern for others is the defining element of PPC. Rather than demanding obedience to authority or peers, PPC demands responsibility, empowering youth to discover their greatness. Caring is made fashionable and any hurting behavior totally unacceptable. As individuals become more committed to caring for others, they abandon hurting behaviors.



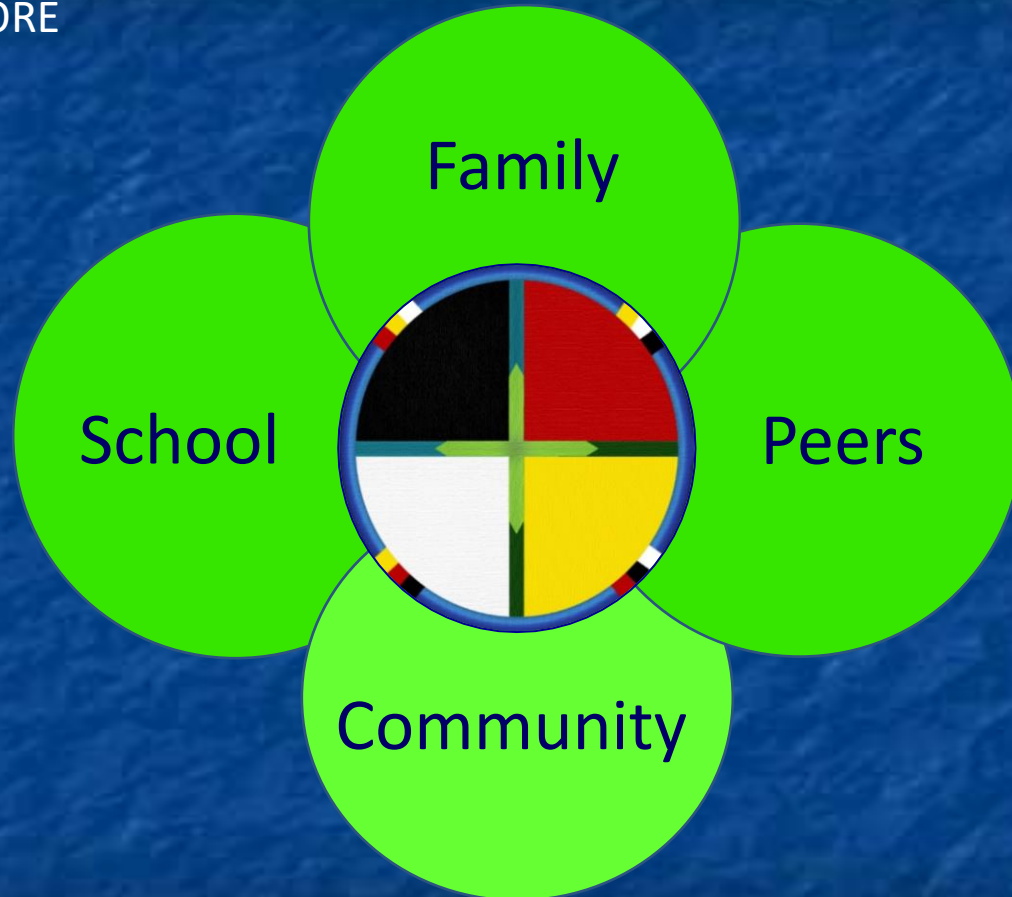
RESTORE

Positive Relational Supports





RESTORE



BELONGING

My Goal

Develop trusting relationships.

Family

I am close to my parent or caregiver.

School

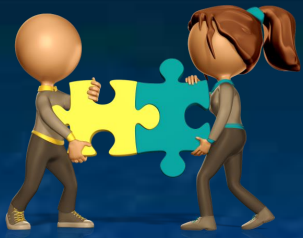
I feel like I belong in my school.

Peers

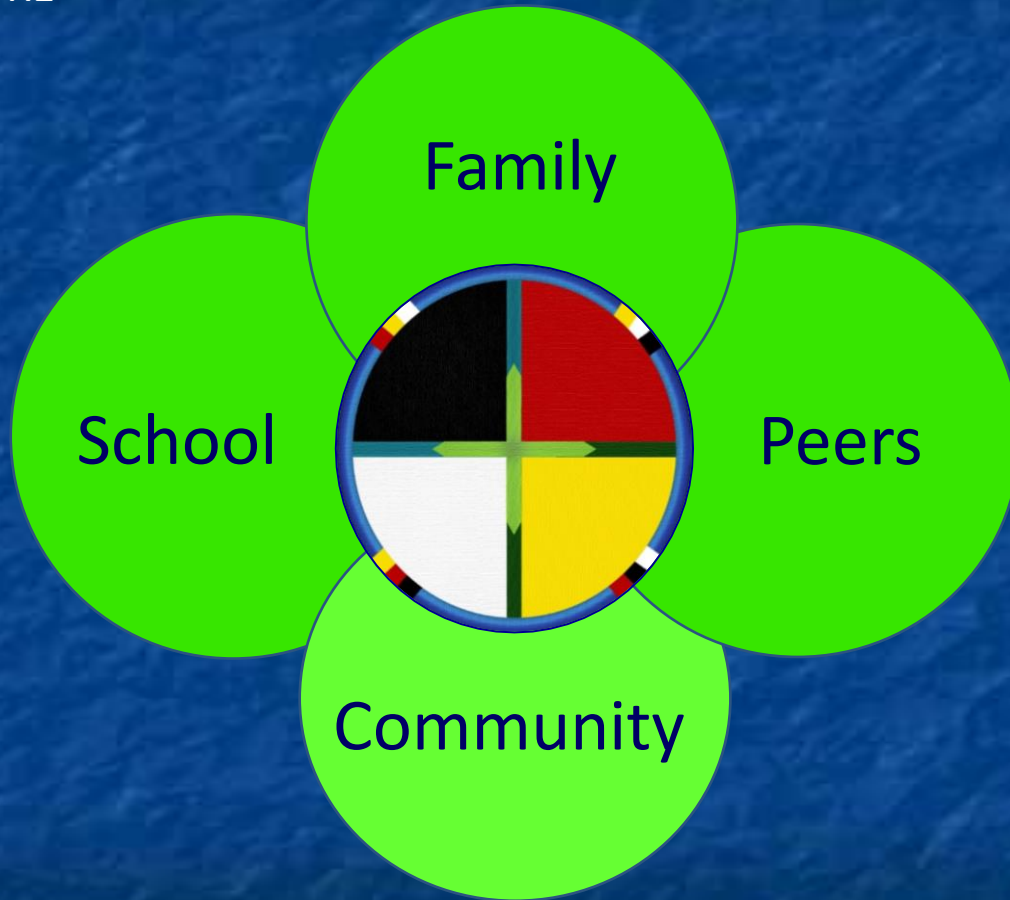
I have a friend who understands me.

Community

My community supports youth.



RESTORE



MASTERY

My Goal

Develop my strengths and talents.

Family

My family encourages me to do my best.

School

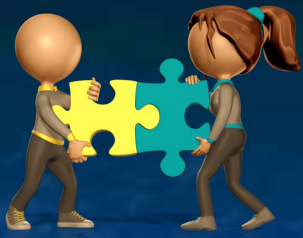
I am expected to work hard and succeed.

Peers

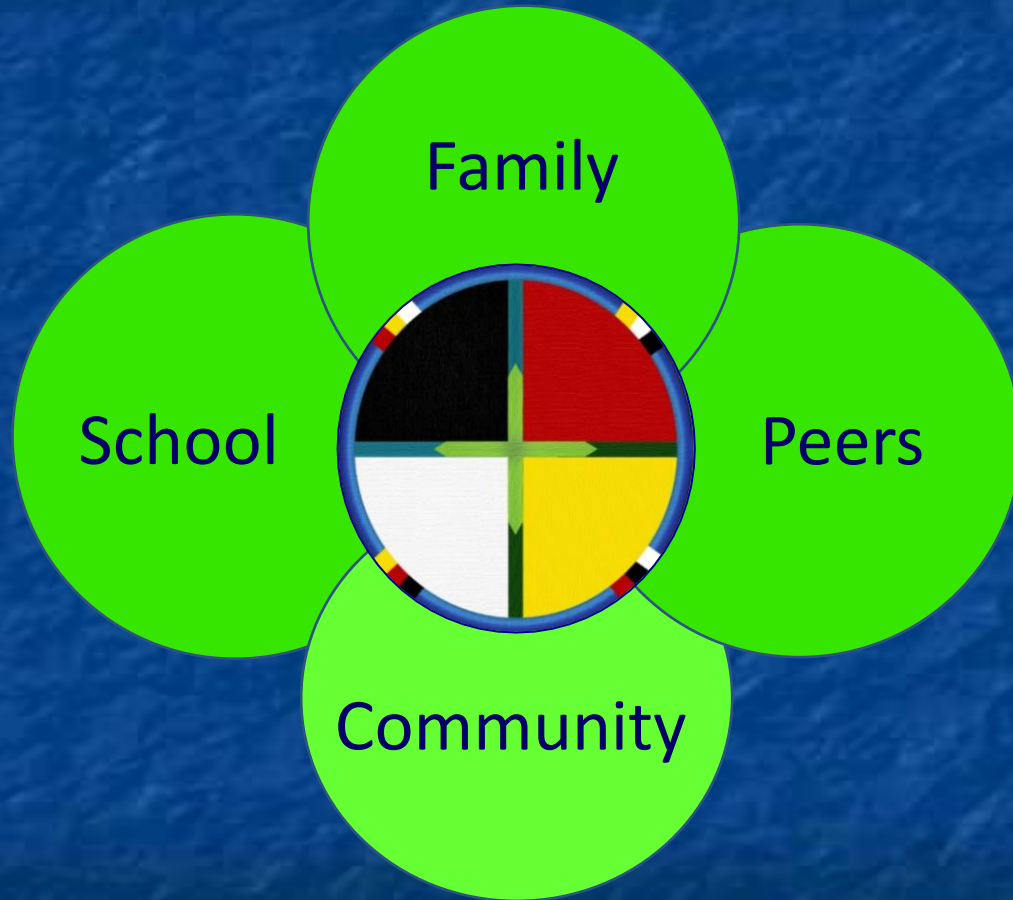
Friends support me in school and work.

Community

My community has opportunities for learning.



RESTORE



INDEPENDENCE

My Goal

Develop responsible self confidence.

Family

We share responsibilities in our home.

School

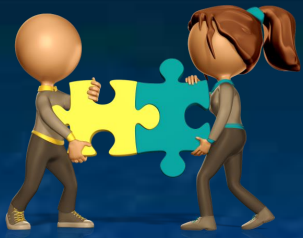
Students learn to think for themselves.

Peers

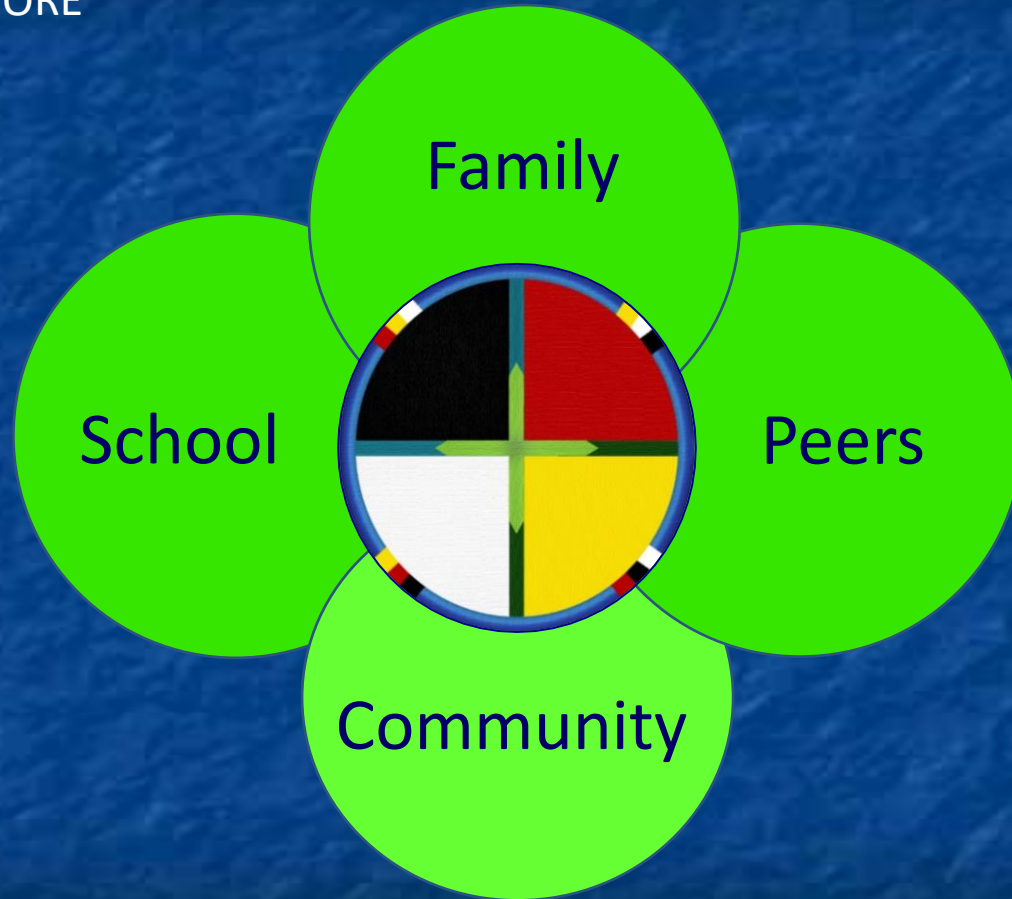
I am not easily misled by peer pressure.

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.



PPC and Circle of Courage Principles





The Power of Peers

B
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Strengths of Families

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Relationships of Trust

B
E
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Engaged in Learning

M
A
S
T
E
R
Y





Problems as Opportunity

M
A
S
T
E
R
Y





Talent Hunts

M
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S
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E
R
Y





Taking Responsibility

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C
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Overcoming Adversity

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I
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Positive Leadership





Service Learning

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From Rules to Respect

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Lives with Purpose

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The Annual Reclaiming Youth Seminars

Augustana University, Sioux Falls, South Dakota

www.reclaimingyouth.org



Enlisting Youth in Creating Cultures of Respect

Larry Brendtro and Beate Kreisle

ACRC, Louisville KY July 12, 2022



RECLAIMING
Youth at Risk

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RESILIENCE
RESOURCES

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