

Respect Challenge

Thursday, 2/11

Use social media in a creative way by creating a “respect challenge”.

Here are some of our ideas to get you started:

- 1** Tag a friend, your partner, or a supportive person in your life that shows you respect! Let them know how much that respect matters to you and helps you feel worthy.
- 2** Share how you show respect or what respect means to you in a social media post, and tag three friends to share their thoughts!
- 3** Sing a song related to respect, or create a dance that goes along to one. There are a lot of songs out there that talk about respecting each other. Have a favorite one? Sing or share a favorite one, and tag a friend to do the same.

By challenging your friends to talk about what respect means to you, you're making your community that much stronger. Don't forget to use **#KnowYourWorth**, **#loveisrespect**, and **#TDVAM** to make sure we see your post!

