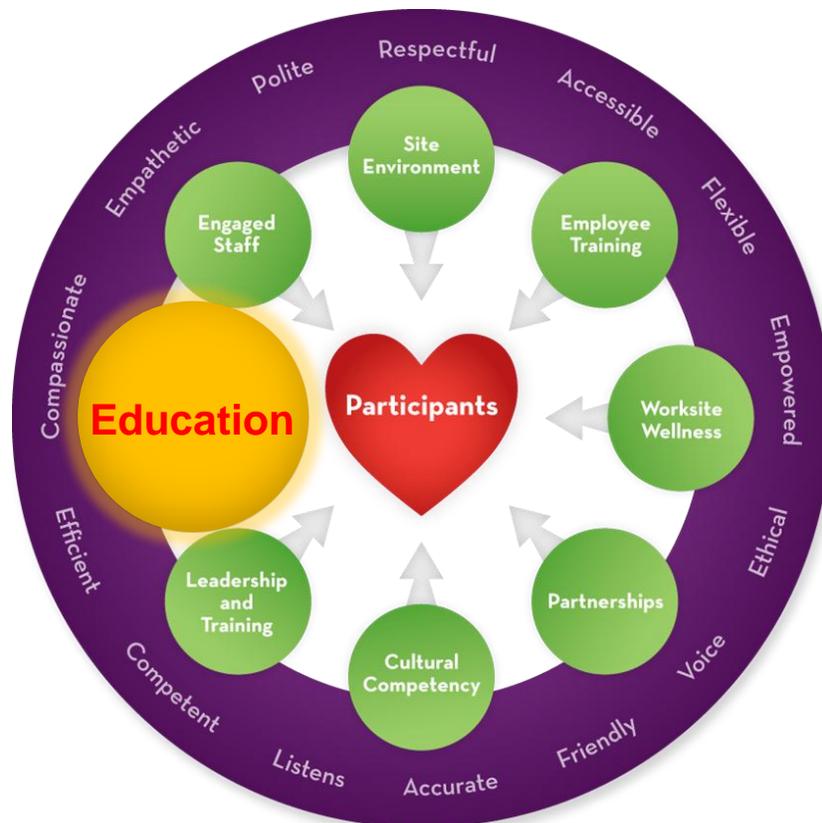


# Respect and Acceptance

## Participant Centered Education

### Facilitator's Guide



This module is one in a series focusing on Participant-Centered Education (PCE). PCE is a key component of California WIC's effort to offer *Platinum WIC – Participant Centered Services (PCS)*. The California WIC PCS approach puts the WIC family at the center of everything we do and focuses on the strengths of participants, employees and community.

PCE places the participant at the center of the education process. PCE focuses on the participant's capabilities, strengths, and their nutrition, health, and referral needs, not just problems, risks, or unhealthy behaviors. PCE includes working collaboratively, eliciting and supporting motivation to change, and respecting participants as the ones who decide if and when they will learn and/or make a change.

## Respect and Acceptance

Respect and acceptance are key principles of PCE that help develop trust and encourage collaboration with participants. Participants are more likely to open up if they feel you respect and accept their feelings, opinions, and ideas. These principles indicate that you value them as individuals, and can be used throughout the session.

Respect and acceptance are related to the PCE principles of empathy, safety and strength-based approach. They are at the heart of cultural competence and the PCE technique of affirmation. Training on these additional topics will reinforce the learning from this module.

### Trainer's Notes

#### **Purpose:**

To identify examples of respect and acceptance, and to explore ways to expand their use with participants.

**Objectives:** By the end of the session, staff will have:

- Identified ways to respect and accept participants
- Identified areas they can improve

#### **Materials:**

- "Respect and Acceptance" Trainee Workbooks

#### **Room Set Up:**

- Staff seated at tables or in small groups



## 1. The Importance of Respect and Acceptance

**Explain:** *This in-service will focus on respect and acceptance, two components of Participant Centered Education (PCE) vital to getting information and establishing trust and rapport with our participants.*

### Respect: Activity 1

**Ask:** *When you hear the word "respect", what do you think of?*

#### Possible answers:

- It demonstrates you value another person
- You value them for who they are, where they've been, and what they already know and do
- It shows you are considering a person's opinions, feelings, interests, and perspectives
- Treating other people like you want to be treated

**Instruct** trainees to talk in pairs and

- Discuss a situation where they did **not** feel **respected**, and
- What they would **change** so they would have felt more respected

### Acceptance

**Ask:** *When you hear the word "acceptance", what do you think of?*

**Possible answers:** The ability to set aside your personal feelings or opinions about a person, their qualities, or behaviors.

For example:

- You do not judge them
- You value their perspective



**Activity 2**  
**Ways to Show Respect and Acceptance**

**Respect:** Work with a partner or in your table group to list some examples of how we can show respect to our participants.


**Acceptance:** Work with a partner or your table group to list some examples of how we can show our participants that we accept them.


**Activity 3**  
**How I Show Respect and Acceptance**

List one example of how you have shown a participant you **respect** them:

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List one example of how you have shown a participant you **accept** them:

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List at least one example of how you can improve your ability to show a participant you **respect** and/or **accept** them:

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## 2. How to Show Respect and Acceptance

### A. Ways to Show Respect and Acceptance: Activity 2

**Instruct** trainees to refer to their worksheets and complete both parts of Activity 2: "Ways to Show Respect and Acceptance" in pairs or small groups.

**Instruction:** Allow staff two or three minutes to write down their thoughts.

**Debrief:** Ask staff to share some of their examples of respect and acceptance.

### B. How I Show Respect and Acceptance: Activity 3

**Instruct** trainees to answer (on their own) the 3 parts of Activity 3: "How I Show Respect and Acceptance".

**Instruction:** Allow staff 3-5 minutes to complete.

**Debrief:** Hear from a few people for each question.