

Response Ability Pathways [RAP]

Restoring Bonds of Respect



NEW FROM THE CIRCLE OF COURAGE

The *Response Ability Pathways [RAP]* curriculum provides essential training for building respectful environments in schools and youth organizations.

RAP offers “basic training” for success with challenging children and youth.

RAP is a universal curriculum providing essential skills for all who deal with young persons in the family, school, or community. Children and youth need supportive persons who *respond* to their needs rather than *react* to their problems. RAP provides these *response-abilities* to guide young persons on *pathways to responsibility*.

RAP applies resilience science to meet the growth needs of all young persons.

Children need opportunities to develop belonging, mastery, independence, and generosity.¹ RAP is grounded in research evidence on resilience, brain science, and positive youth development.² RAP translates the latest research into practical methods for building strengths in all youth, even those presenting difficult behavior problems.

RAP is a powerful alternative to either punitive or permissive approaches.

This training counters current punitive approaches that lock adults in conflict with young people. Instead of reactive, coercive interactions, young persons are enlisted as responsible agents in positive change. RAP deals with problems by focusing on strengths and solutions. Brief “teaching moments” instill positive behaviors and values. Rather than enforcing obedience, RAP sets high expectations for youth to take responsibility and show respect for self and others.

RAP taps and develops the innate strength and resilience of young persons.

The course focuses on three interventions: *connect*, *clarify*, and *restore*. These are the normal “abilities” of the resilient human brain: we are born with abilities to *connect* to others for support, *clarify* challenging problems, and *restore* harmony and respect. Training is highly experiential and enlivened by videos and small group practice. Participants gain specific competencies so they can disengage from adversarial encounters, connect with adult-wary youngsters, and restore bonds of respect. Training leads to RAP certification, and two semester hours credit can be arranged.

¹RAP uses the Circle of Courage resilience model by Brendtro, L., Brokenleg, M., & Van Bockern, S. (2002). *Reclaiming Youth at Risk*. Bloomington, IN: National Educational Service; and positive peer climate research and practice by Wasmund, W., & Tate, T. (2000). *Partners in Empowerment*. Albion, MI: Starr Commonwealth.

²Brendtro, L., & du Toit, L. (2005). *Response Ability Pathways*. Cape Town: Pretext Publishers.

RAP I: The Resilience Revolution A stimulating one day introduction to RAP.

Children on the Edge

Pain-Based Behavior
Reactive or Restorative Climates
Courage and the Resilient Brain

RAP II: New Tools for Success Two days of practical experiential learning.

Connecting to Challenging Students

Disconnected, Disrespectful, Discouraged
Brain Science on Connecting
Practical Strategies for Connecting

Clarifying Problems and Potentials

Private Logic and Thinking Errors
Brain Science on Coping with Problems
Practical Strategies for CLEAR Thinking

Restoring Bonds of Respect

Instilling Responsibility
Building Strengths and Supports
Pathways to Courage and Respect



RAP training uses “universal design” principles relevant to all settings.

- Stimulating content is intuitive, jargon free, and understandable.
- RAP is attuned to needs of children from diverse backgrounds.
- Strategies are practical and easily implemented by busy staff.
- High impact training is cost effective and creates lasting change.

RAP is useful to all professionals and lay persons who deal with youth.

This course is highly rated by educators, counselors, social workers, psychologists, youth workers, and staff in treatment and juvenile justice settings. The skills also apply to parents, foster parents, and mature youth who are peer helpers or mentors. A calendar of RAP training is listed at www.reclaiming.com. Certified RAP trainers can also bring on-site training to your school, organization, or community.



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