



GRIT

STRENGTH THROUGH
RESILIENCE

202

DRAGON GRIT CHECK

WHY?



ABOUT GRIT

It is the 1st TRW's way to connect our Airmen to each other, to our heritage, and to the broader Air Force mission.

We are investing in our collective success by providing the time, tools, and resources to enhance personal and professional performance and promote a shared responsibility of Airmen taking care of Airmen.

DELIBERATE FOCUS

DRAGON GRIT has a deliberate focus on two significant protective factors for interpersonal and self-directed violence.

CONNECTEDNESS and SHARED SENSE OF PURPOSE

- CONNECTION - to the unit, our mission, and heritage
- PERSONAL PERFORMANCE - recognize and strengthen positive personal and professional behaviors
- SHARED SENSE OF PURPOSE - building on our shared identity as warrior Airmen and finding common purpose in our mission and values

RESPECT

GRIT

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WHY IS DRAGON GRIT IMPORTANT?

Personal development is about investing in yourself to achieve maximum efficiency and effectiveness. This is our vision for every Airman. Installation influencers are charged with serving as the delivery vehicle for these messages and inspiring Airmen to strive for personal and professional improvement. Making a commitment to personal development is the critical step on the path to personal fulfillment.

Personal development is beneficial in many ways:

- Promotes Self-Awareness to Recognize Strengths and Areas for Improvement
- Encourages Shared Goals and a Sense of Belonging
- Improves Focus and Effectiveness
- Strengthens Personal Motivation to Achieve
- Enhances Resilience to Overcome Hurdles
- Deepens Relationships with fellow Airmen

As an installation influencer, when you encourage and assist your team in rigorous personal development discussions like Check 6, the rewards are amazing for them and for you!



SIMPLE ROLES OF A CONVERSATIONALIST



Make your
discussion
a priority



1 Partner

- Create an effective relationship with your team members
- Customize the Check 6 materials as needed to meet your team's needs



2 Planner

- Select the method and process in which you will initiate the Check 6 discussion
- Prepare time and space to ensure it will encourage dialogue and interaction with the group.



3 Enabler

- Create and sustain an interactive and participatory environment
- Honor and recognize diversity ensuring inclusiveness



4 Motivator

- Trust in your group's potential
- Model neutrality
- Acknowledge input, thoughts and ideas



5 Director

- Manage the time
- Keep the group focused
- Manage group conflict



6 Guide

- Guide the group with clear models and examples
- Facilitate group awareness of the topic
- Guide the group to consensus and desired goal

Ultimate TALK GUIDE

1

BE GENUINE

What does the Check 6 topic mean to you and your team?
Where do you find your motivation/inspiration?
Be true to yourself.

2

CONVERSE, NOT DEBATE

Adopt a forward thinking mentality.
No need to have a conclusion or agreement point in every discussion.
Allow things to be left open if a common point can't be achieved.

3

EMBRACE DIFFERENCES

Don't impose, criticize, or judge.
Respect each other's choices/inputs.
Seek commonalities.
Build on the common links.

4

BE AUTHENTIC

Share real thoughts and opinions.
Be proud of what you stand for.
Act on your personal beliefs and values.
Be present in the moment.

5

OPEN-ENDED QUESTIONS

Ask questions that cause reflection.
What was it like to...?
How did you know...?
In what way is that similar/different from...?
What was the best part of...?

6

GIVE AND TAKE

As people reveal more about themselves, they give you information about which to pose more questions.
Balance the talking vs listening.

С Н Е Б С К



GOAL

- Increase awareness and understanding of Teen Dating Violence (a precursor to domestic violence), discuss the relationship between Teen Violence and Domestic Violence across a person's lifespan, and adopt or reinforce new strategies and/or behaviors for personal and professional use.

FACILITATOR'S NOTES

HOW TO PREPARE:

- Show and Discuss: Signs of Teen Dating Violence, and Where to Get Help: : <https://www.click2houston.com/video/local-news/2023/02/23/signs-of-teen-dating-violence-and-where-to-get-help/>
- In addition to watching and discussing the Signs of Teen Dating Violence and Where to Get Help, consider the implications across the lifespan. Notice who pointed it out to the victim.
- Review the "Power & Control Wheel for Teen Dating Violence" and the "Teen Dating Violence Prevention Infographic" from the CDC (ref: pgs. 9/10).
- The CDC reports that teens who experience dating violence are more likely to experience violence in relationships as adults, have a higher rate of depression, suicide attempts, and abuse drugs and alcohol in adulthood.
- Resources are available, so educate yourself! Be aware they can be local or virtual. Base resources include The Family Advocacy Program, The Integrated Resilience Office, FOCUS, your Chaplains, and more. Within proximity off base, we also have the Gulf Coast Center for Non-Violence, and there are a host of resources available on-line.

THE EXTRA MILE ADDITIONAL RESOURCES

- Contact Family Advocacy Program for Additional Information (scan the QR code to the right to link with the support and contact agencies across the installation to include FAP)
- In addition to watching and discussing the Signs of Teen Dating Violence and Where to Get Help, review the AF Connect App. Discuss resources and information from all different resources provided; challenge each other to make a quick list of information to have on hand to share your knowledge.

Scan to
Connect with
Keesler
Helping
Agencies



MISSION PLAN HOW TO EXECUTE

FRAMING THE CONVERSATION

Many might look at Teen Dating Violence as something that will not happen to them or, they are already adults, and believe it doesn't apply to me or my loved ones. However, as we saw in the video, relationship violence is something that not only can be cyclical, but it can also have long-lasting effects throughout one's lifespan.

As one advances through the ranks in the Air Force, we should have goals that focus on healthy, respectful relationships with others, whether they be professional, familial, or intimate. When you have healthy relationships in all domains of your life, you are also modeling it for others, including your Airman and others in your family, including possibly your own children. If you or anyone you know might need help with making your relationship more healthy, consider contacting one of Family Advocacy's Preventative Programs.

NOTES

SUGGESTED DISCUSSION POINTS

- Discuss examples of Teen Dating Violence (ex: bullying, threats with weapons, fights, gang-related violence)
- Discuss examples of Teen Dating Violence (ex: bullying, threats with weapons, fights, gang-related violence)
- Identify Base & Community Resources to assist with Teen & Domestic Violence that may not have been previously covered (contact FAP for additional information)

MISSION C H A L L E N G E

HOW TO APPLY THE LESSON

Challenge Your Team!

- Reach out to family members in your unit through the Key Spouse Program and invite them to the discussion
- Partner with a local resource to provide experiences and opportunities for those in need
 - Become active at the Youth Center
 - Role Model for tomorrow's leaders
 - Build a protective community environment
- Connect youth with appropriately caring adults in healthy activities
- Help provide quality interaction & education for children
 - Assist in school, at the CDC, Youth Center, Local Boys & Girls Club, etc.



Please use the QR code/link on the left to submit your feedback on this discussion. This would greatly enhance the experience for you, as well as improve the program for the future Airmen of tomorrow's Air Force.

RELATIONSHIPS EXIST ON A SPECTRUM

All relationships exist on a spectrum, from healthy to abusive to somewhere in between. Below, we outline behaviors that occur in healthy, unhealthy and abusive relationships.

HEALTHY

A **healthy relationship** means that both you and your partner are:

Communicating: You talk openly about problems, listen to each other and respect each other's opinions.

Respectful: You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

Trusting: You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.

Honest: You are honest with each other, but can still keep some things private.

Equal: You make decisions together and hold each other to the same standards.

Enjoying personal time: You both can enjoy spending time apart, alone or with others. You respect each other's need for time apart.

UNHEALTHY

You may be in an **unhealthy relationship** if one or both partners is:

Not communicating: When problems arise, you fight or you don't discuss them at all.

Disrespectful: One or both partners is not considerate of the other's feelings and/or personal boundaries.

Not trusting: One partner doesn't believe what the other says, or feels entitled to invade their privacy.

Dishonest: One or both partners tells lies.

Trying to take control: One partner feels their desires and choices are more important.

Only spending time with your partner: Your partner's community is the only one you socialize in.

ABUSIVE

Abuse is occurring in a relationship when one partner:

Communicates in a way that is hurtful, threatening, insulting or demeaning.

Disrespects the feelings, thoughts, decisions, opinions or physical safety of the other.

Physically hurts or injures the other partner by hitting, slapping, choking, pushing or shoving.

Blames the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behavior.

Controls and isolates the other partner by telling them what to wear, who they can hang out with, where they can go and/or what they can do.

Pressures or forces the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

Power & Control Wheel for Teen Dating Violence

This tool explains some of the ways an abusive partner may use power and control to manipulate a relationship.



**Violence
Intervention
Program**

If you would like to speak to a counselor about your relationship or someone you know please call our confidential hotline at

1-800-664-5880