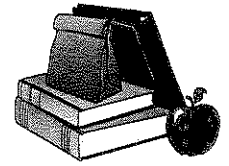


Respect



What Is Respect?

Respect is an attitude of caring about people and treating them with dignity. Respect is valuing ourselves and others. We show respect by speaking and acting with courtesy. When we are respectful we treat others as we want to be treated. Respect includes honoring the rules of our family or school, which make life more orderly and peaceful. It is knowing that every man, woman and child deserves respect, including you.



Why Practice It?

Without respect for rules, we would have confusion. People would treat each other rudely and violate each other's privacy and other rights. Respect helps people to feel valued. Elders deserve special respect because they have lived longer and learned many of life's lessons. Self-respect is making sure no one hurts you or abuses you, even an elder. When you respect yourself, others respect you, too.



How Do You Practice It?

Think about how you would like others to treat you and treat them with the same dignity. How would you like others to speak to you, treat your belongings, and your right to privacy? If you want to use someone else's things, ask, and then take good care of them. Express even your strongest feelings in a peaceful way. Treat yourself as you feel others deserve to be treated. You deserve it too!

What would Respect look like If...

- You want to use your friend's bike but she is not around to ask?
- Your grandparents come over and start giving you advice?
- You find yourself talking back to a teacher?
- Your brother is in the bathroom and you need to ask him a question?
- There is a rule at school you don't agree with?
- An older person starts touching you inappropriately?

Signs of Success

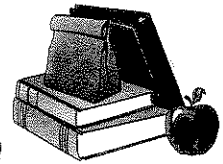
Congratulations! You are practicing Respect when you...

- Treat others as you want to be treated
- Speak courteously to everyone
- Take special care of other people's belongings
- Are receptive to the wisdom of elders
- Honor the rules of your family, school and nation
- Expect respect for your body and your rights

Affirmation

I am respectful. I treat others and myself as we deserve to be treated. I show courtesy to everyone. I learn from the wisdom of my elders.

Activities with Respect



Road Respect

Describe what it would be like to be in a car if no one respected the rules of the road.

Respect for Your Body

Discuss the difference between “safe touch” and “inappropriate touch”. What should children do if they feel someone is not respecting their body? It happens in many families. 1. Tell someone you trust. 2. Say no. 3. Get help from an adult. 4. Keep telling until someone helps you.

R. E. S. P. E. C. T.

Put on a song like Aretha Franklin’s “R.E.S.P.E.C.T.” or “Respect” from the Virtues CD and dance to it.



Virtues Reflection Questions

- Name three ways you already practice respect.
- Name three ways you could show more respect.
- What are ways we need to respect our bodies?
- How important is privacy to you?
- How can you set boundaries to protect your privacy?
- How would you show respect if you disagree with the teacher?
- How do you feel when people treat you disrespectfully?
- How do you feel when people treat you respectfully?
- Name the school rules. How do they help keep things peaceful and orderly?



Drawing Respect

Make a shield showing four ways you want to be treated with respect.

Make a chart of ways to show respect for your body – things that keep your body healthy.



Poster Points

- Expect Respect.
- R. E. S. P. E. C. T.
- Respect Yourself. Respect Others.
- Respect Our Planet.



Quotable Quotes

“Take care of your reputation. It’s your most valuable asset.” Anonymous

“There is a longing among all people to have a sense of purpose and worth. To satisfy that common longing in all of us we must respect each other.” Chief Dan George

“Respect is treating your body with the same care you would give any other valuable and irreplaceable object.” Cherie Carter Scott

“Your body is your vehicle for life. As long as you are here, live in it. Love, honor, respect, and cherish it, treat it well, and it will serve you in kind.” Suzy Prudden

“No one can make you feel inferior without your consent.” Eleanor Roosevelt

“When I respect others, others respect me, and I like that.” 6th grader in California