

UNDERSTANDING RESPECT

THE GOAL



Respect is something everyone wants to receive but some people seem to have a hard time giving. Respect is something that must be earned yet something many people think they are owed. Students need to learn the true meaning of respect. They need to understand what respect means in reference to themselves and to other people. The first step in being a more respectful person is being able to define respect and its application to self and others.

THE OBJECTIVE

This exercise should help students identify and define respect in relationship to themselves and other people.

• EXERCISE •

1

Ask the students to think of a person in their life that they truly respect. Help the students by giving examples such as a Mom or Dad or a teacher.

2

After the students have identified the person ask them to list all of the things that they respect about this person. Explain to the students that these are the characteristics and traits of the person that they respect.

3

After the trait list is complete ask the students to think of one more person and make a similar list for that person.

4

After the two lists are complete tell the students that they have a good beginning point of defining respect by using the traits of these two people.

5

Ask the students to think of respect and what respect means. Ask the students to give a definition of what respect means and an example of being respectful. After the students have defined respect explain that being respectful means being considerate of other people's feelings and property. It also means understanding and being considerate of your own personal needs.

6

Now ask the students to differentiate between the respect that should be shown to a stranger and the respect they should give someone they know. Help the students think of examples of how respect can be shown to both. For example, they might hold a door open for a stranger but if it is their Mom they would hold the door open and ask their mom if she needs help.

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- 7 After the students have defined respect for someone they know, ask them why the definition is different for the people they know versus that of a stranger. Affirm for the student that it is important to be considerate to strangers but they must be even more considerate and more thoughtful in words and actions to people they know.
- 8 Reinforce that respect should be shown to all people and that if they will act respectfully to strangers then there is a greater likelihood that they will be treated well.
- 9 Ask the students to identify people that should receive respect, regardless of their feelings about these people, because of their status (for example, police, teachers, and parents).
- 10 Talk with the students about how these people are in a position of authority and this deserves respect. Remind the students that disrespect towards these people could get them in a lot of trouble.
- 11 Now ask the students how they want to be treated by the people they know, whether they like these people or not. Ask them how they want to:
- be talked to
 - be looked at
 - be treated in a group
 - be treated one on one
 - have their property or stuff treated
- 12 After the students have told how they want to be treated by others, let them know that they have just developed their personal definition of respect.
- 13 Talk to the students about how people will judge the amount of respect and kindness they will show them based upon the level of kindness and respect they have shown others.
- 14 Help the students understand that the Golden Rule is the basis for respect: "Treat others in the way you want to be treated".

THE SUMMARY

RESPECT is something sought by almost all people.

Students need to learn that before other people will respect them, they must first learn to respect themselves and then demonstrate their respect for others. They must learn that respect is reciprocal and people will treat them with the same amount of dignity and respect they show for themselves and other people.



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DISCUSSION POINTS

What does it mean to act respectfully to other people?

How can your words and actions show your respect, or lack of respect, for other people?

If you wanted to be treated nicely how should you treat other people?

If you are ugly to other people how will they treat you in return?

THE PLEDGE

ASK THE CLASS TO EITHER READ OR REPEAT THE FOLLOWING:

I am a good person,
and I deserve respect.
I will be respectful of other people,
and I will expect other people to
be respectful to me.

COMPLIMENTS & BACK-PATS



- Thank the students for participating and tell them that you are proud of them.
- Tell the students that they are all worthy of being treated respectfully by other people.
- Tell the students that they all deserve to have friends and they will if they treat people the way they want to be treated.

RIGHT WAYS & NO WAYS

Ask the group to tell if the following is the “Right Way” or the “No Way”



- Raul makes fun of people when they are not looking but gets upset when these people aren't nice to him. (NO WAY)
- Monique says “Hi” to everyone and she tries to be friends with everyone in her class. (RIGHT WAY)
- Shawn likes to write his name on other people's stuff when they are not looking. (NO WAY)
- Christina holds the door open for her classmates when their hands are full. (RIGHT WAY)

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SKILLS LESSON RECAP

THE GOAL

RESPECT is something everyone wants to receive but some people seem to have a hard time giving. Respect is something that must be earned yet something many people think they are owed. Students need to learn the true meaning of respect. They need to understand what respect means in reference to themselves and to other people. The first step in being a more respectful person is being able to define respect and its application to self and others.

... EXERCISE KEY POINTS ...

You identified the person in your life that you respect the most. You then listed the characteristics of that person that generates this respect.

You provided your personal definition of respect along with examples of your definition.

You gave examples of the type of respect that you should show a stranger versus the respect you should give to someone you know and explained why there is a difference.

You gave examples of the type of respect that you should show a stranger versus the respect you should give to someone you know and explained why there is a difference.

CONSEQUENCES OF **NOT** USING THIS SKILL



If you cannot calm down when the teacher asks you to you will end up in trouble. If you cannot be quiet, be still, and listen you then you will have consequences.

BENEFITS OF **USING** THIS SKILL



People who can calm themselves down when they are supposed to are in control of themselves and will be able to maintain their privileges at school.





Understanding Respect - Part 1

Identify the people you most respect, and list the characteristics and traits which make them respectable.

THE PERSON I MOST RESPECT IS: <input style="width: 150px;" type="text"/>	ANOTHER PERSON I RESPECT IS: <input style="width: 150px;" type="text"/>
1	
2	
3	
4	
5	
6	
7	
8	

What is your definition of respect?

Give examples of how each aspect of your definition conveys respect.

Example #1

Example #2

Example #3

Student: _____ Facilitator: _____ Date: _____



respecting self & others

Understanding Respect - Part 2

Is there a difference between the respect shown to strangers versus someone you know? Why or why not?

LIST THE PEOPLE THAT SHOULD AUTOMATICALLY RECEIVE RESPECT:	WHY?

Let's look at how you want to be treated.

How do you want to be talked to?
How do you want to be looked at?
How do you want to be treated in a group?
How do you want to be treated one-on-one?
How do you want to have your property treated?

Student: _____ Facilitator: _____ Date: _____