

# RESPECT

- Treat others with respect; follow the Golden Rule
- Be understanding of differences
- Use good manners, don't use bad language
- Don't threaten, hit or hurt anyone
- Be considerate of the feelings of others
- Deal peacefully with anger, insults and disagreements

It is easy to demonstrate respect when you agree with the opinion of others. However, it can be challenging to demonstrate respect when you disagree with the other person's perspective. The respect you demonstrate is not a reflection of the degree to which you agree with the opinions or beliefs of others. Respect reflects who you are and how you choose to treat people.

## T.E.A.M.

- **Teach:** Teach your teen about respect using the discussion starters and tools below.
- **Encourage:** Praise your teen when he or she demonstrates respect and offer fair consequences when he or she displays disrespectful behavior.
- **Advocate:** Provide opportunities for your teen to practice respect and discuss why it matters to him/her, you, your family, and community.
- **Model:** Be a good role model and demonstrate respect in all areas of your life.

## Discussion starter

When do you find it challenging to show respect? What is a respectful response when you feel disrespected in a collaborative project or conversation? Does everyone deserve respect? Why or why not? What could you do better or differently to demonstrate respect?

## Excellence with Integrity Tool

### Care-frontation Fundamentals

Respecting other people's beliefs can be challenging especially when you feel strongly about a topic. Therefore, it is important to understand how to attack problems, not people, and see things from their perspective.

For strong relationships and high performing partnerships:

1. Attack the problem, not the person: Name the problem and what needs to be done differently or better. Care more about getting it right than being right.
2. When in doubt, do it: Speak up sooner and more consistently. Conflicts delayed and deferred turn little things into big things.
3. Use "I" statements/Avoid "you" statements: Honestly and respectfully express your thoughts and feelings: be solution-centered, and clarify the goal or expectation (e.g., "I think..., I want..., I need..., I feel..."). Avoid using You statements that casts blame on others.
4. Seek win-win: Balance your needs and interests (I want) and the needs and interests of others (You want).
5. Own mistakes and missteps: It won't always be smooth and perfect, so be ready to apologize, make-up, and move on.

*Adapted from David Augsburger, Caring Enough to Confront*