

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

Everyone has worth as a human being and deserves our respect. You don't have to like everyone, and you don't have to agree with their opinions or behavior, but you should still give respect freely, regardless of the respect that you receive.

T.E.A.M.

- **Teach:** Teach your child about respect using the discussion starters and tools below.
- **Encourage:** Praise your child when he or she demonstrates respect and offer fair consequences when he or she displays disrespectful behavior.
- **Advocate:** Provide opportunities for your child 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

What if everyone used bad manners? What if no one treated others with respect? What could I do better or differently to show respect to others?

Excellence with Integrity Tool

Two Steps to Better Communication

Respectful communication can be difficult when we disagree with someone. We must be willing to accept that our opinion is not fact; believing in something strongly doesn't make it more true. Communicating with respect requires us to express ourselves in a thoughtful and purposeful way.

1 Try to Understand

Use active listening by restating, in your own words, what you just heard. This helps to make sure that you understand what you are hearing.

Example:

Person 1: "I'm disappointed that you didn't come to my birthday party."

Person 2: "I understand that you are upset that I didn't come to your party."

2 Try to be Understood

Express your thoughts, feelings and expectations without blame, insult or personal attack.

Example: "I'm disappointed that you didn't share your new toy."