

## Expecting Respect

**Instructions:** Complete this worksheet in pairs or small groups, as directed by the teacher. Discuss responses as a class.

*Circle which of the following demonstrates self respect:*

- |                                     |   |
|-------------------------------------|---|
| Eating healthy food                 | Telling myself 'I can do it!'                     |
| Doing things I enjoy and am good at | Exercising  |
| Being with people who respect me    | Telling myself 'I'm hopeless'                     |
| Being mean to others                | Trying new things                                 |
| Comparing myself to others          | Being proud of my achievements                    |
| Being happy with who I am           | Reporting bad behaviour                           |
| Doing dangerous things              | Being pressured to do something against the rules |
| Enjoying my own company             | Receiving a compliment                            |



*Circle which of the following demonstrates respect for others:*

- |   |   |
|---|---|
| Using manners                           | Leaving someone out of a game                       |
| Lying                                   | Encouraging others to do something dangerous        |
| Keeping promises                        | Being friendly                                      |
| Being a good friend                     | Watching someone get bullied and not doing anything |
| Spreading rumours                       | Ignoring someone                                    |
| Making fun of someone                   | Standing up for someone who needs help              |
| Arriving on time                        | Obeying school rules                                |
| Listening when people are talking to us | Giving a genuine compliment to someone              |
| Sharing                                 |   |



**Discuss:**

What do you think is the most important way to demonstrate self respect?

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What do you think is the best way to demonstrate respect for others?

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