

Expecting Respect

Instructions: Answer the following questions individually, in pairs or small groups, as directed by the teacher. Discuss responses as a class.

1. What does “respect” mean to you?

2. Why is it important to have:



a) self respect?

b) respect for others?

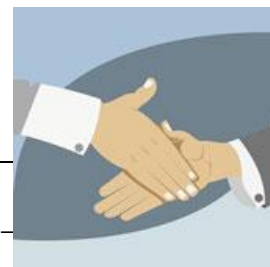
3. How can we demonstrate:

a) self respect:



b) respect for others:

4. What happens if we lack self respect or respect for others?



Optional Activity: Compliments Role Play

One way to demonstrate self respect is to be able to receive a compliment. Giving a genuine compliment is also a good way to demonstrate respect for others.

Our ability to receive a compliment largely depends on how we feel about ourselves, in other words, our self esteem. It also takes a degree of self esteem, or belief in ourselves, to give a genuine compliment, particularly to someone we don't know well.

Instructions: In groups of 3 – 4, ask students to role play how they would give and receive a compliment as if they had:

- a) low self esteem; and
- b) high self esteem.

You may need a co-facilitator to ensure you are able to overview or visit all groups to monitor their progress.

Debrief: Debrief by asking students to comment on the impact of self esteem on their ability to give and receive compliments.