

Expecting Respect

PART A:

Instructions: As a class discuss which of the following demonstrates *self respect*.

Eating healthy food

Doing things I enjoy and am good at

Being with people who respect me

Being mean to others

Being happy with who I am

Doing dangerous things

Enjoying my own company

Telling myself 'I can do it!'

Exercising

Telling myself 'I'm hopeless'

Trying new things

Being proud of my achievements

Reporting bad behaviour

Being pressured to do something against the rules

PART B:

Instructions: As a class discuss which of the following demonstrates *respect for others*:

Eating healthy food

Using manners

Lying

Keeping promises

Being a good friend

Spreading rumours

Making fun of someone

Arriving on time

Listening when people are talking to us

Sharing

Leaving someone out of a game

Encouraging others to do something dangerous

Being friendly

Watching someone get bullied and not doing anything

Ignoring someone

Standing up for someone who needs help

Obeying school rules



Discuss:

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

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

