

Give Respect to Get Respect

Module 3

Respect

Respect is shown and felt through positive feelings of approval and earned through valued actions.

"Men are respectable only as they respect."

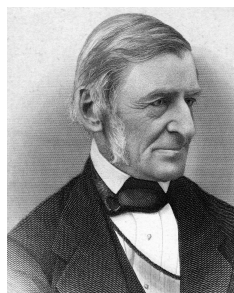
– Ralph Waldo Emerson 19th-century American poet and essayist

Words to Know

Highly Valued Actions: Actions that others find important, impressive, necessary, or helpful; an achievement that others look up to.

Consistency: The same action over and over again, easy to tell what is coming next.

Force: To move or effect against resistance, to put strain against.



Respect vs. Disrespect

Respect

- Gained by consistently accomplishing actions that other people value
- Putting other people's needs ahead of your own
- When you give respect, you get respect back

Disrespect

- Forcing someone to acknowledge or appreciate your actions
- Putting your needs ahead of others
- One inappropriate or inconsiderate act can lead to disrespect

Don't Neglect...Elect Respect!

Examples of Respect

- Listening to your teacher when he/she is speaking
- Following directions from your parents, coaches, or teachers
- Being polite and speaking kindly to other people

Examples of Disrespect

- Talking to friends or not paying attention while your teacher is speaking
- Choosing to ignore directions and doing what you want to do instead
- Saying mean, hurtful, or rude things to other people

Gaining respect is like climbing a cliff...

You can take hundreds of positive steps up, but one disrespectful misstep sends you falling to the bottom.

Respect



GIVE RESPECT → GET RESPECT → LEADERSHIP

Everyone values being treated with respect so give it freely!

When you give respect, you gain respect through your valuable actions.

Leadership is showing respect through highly valued actions and receiving that same respect back in return.

Check This!

RESPECT

cannot be measured, bought, or traded. It is earned over time with highly valued actions and can be lost with one uncaring act.



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Lesson 1: Investigate

Activity 1 Level 1 Select Respect

Instructions:

Who do you respect and why? Select one person you know (like a friend or family member) and one person you don't know (like an athlete or celebrity). Write three highly valued actions each person does that you find valuable and that gain your respect.

Person I know



Person's Name _____

Why I respect this person

1. _____
2. _____
3. _____

Person I don't know



Person's Name _____

Why I respect this person

1. _____
2. _____
3. _____

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Lesson 1: Investigate

Activity 1 Level 2 Respect Person of the Year

Instructions:

Who do you respect and why? Select two people you respect and name each of them Person of the Year on the cover of RESPECT Magazine.

Pick someone you know (like a friend or family member) and someone you don't know (like an athlete or celebrity).

Honor your respect-worthy leaders by creating a magazine cover for each. Use the headline boxes to explain your reasoning for why you respect each person.

Someone you know

RESPECT

The Magazine that Celebrates Life's Greatest Leaders

Person's Name _____ Date _____

Draw what the person looks like

Add a Quote:
What would this person say to show respect?

Descriptive Words:
What adjectives would you use to describe this person?

Top 3 Respect Reasons:
Name three highly valued actions this person does that you find valuable and that gain your respect.

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Lesson 1: Investigate

Activity 1 Level 2 Respect Person of the Year

Someone you don't know

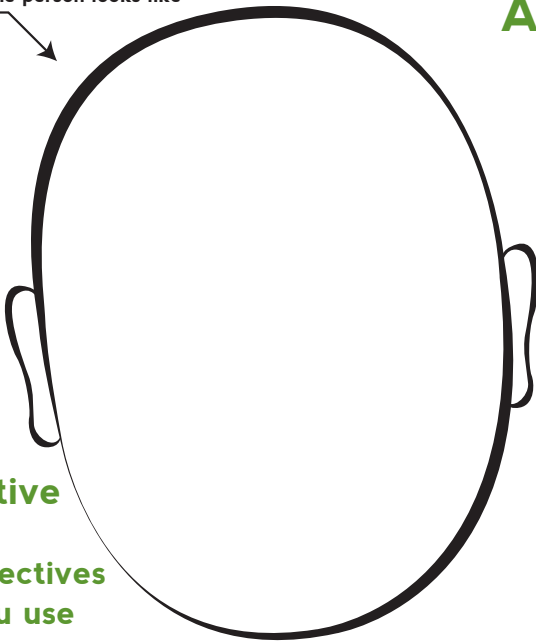
RESPECT

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Lesson 2: Explore

Activity 2 Level 1 Respect Ruler

Instructions:

How do you measure respect? One way is to think about your actions and how they impact other people. Think of two actions you have taken in the past week that have affected others and write them in the space below.

Action 1

Ruler Scale (1 to 12)											
Disrespectful: Actions were uncaring, inappropriate, or inconsiderate of others.				Average Actions: Actions showed some respect but could be more impressive, helpful, or necessary to others.				Super Respectful! Actions were highly valued by others and were important, impressive, necessary, or helpful.			

Action 2

Ruler Scale (1 to 12)											
Disrespectful: Actions were uncaring, inappropriate, or inconsiderate of others.				Average Actions: Actions showed some respect but could be more impressive, helpful, or necessary to others.				Super Respectful! Actions were highly valued by others and were important, impressive, necessary, or helpful.			

Reflection Questions

Why did you rate your actions the way that you did?

In what ways could your actions be improved to show greater respect?

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Lesson 2: Explore

Activity 2 Level 2 Respect Mountain


Instructions:

How do you measure respect and disrespect? One way is to think about your actions and how they impact other people. Climb the respect mountain below by writing your valued actions from the past, present, and future. But watch out...one disrespectful move can send you tumbling down the mountain!

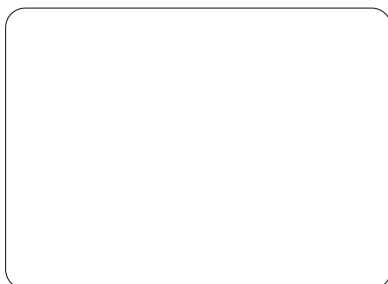
FUTURE: What is a highly valued action you want to do in the future?



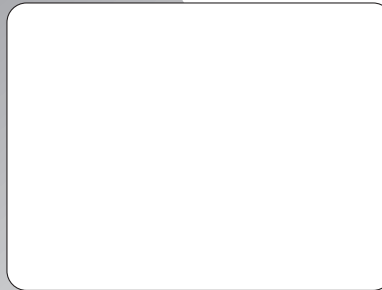
PRESENT: What is a highly valued action that you can do today?



PAST: What is the most highly valued action you have ever done?



What is a disrespectful action you have taken in the past? Describe a time you ignored, neglected, or were careless with someone or something. How did this action make you feel? How do you think your action made other people feel?



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Lesson 3: Challenge

Activity 3 Level 1 Connect with Respect

Instructions:

The easiest way to earn respect is to show respect to someone else. Pick one person that you want to show respect to and fill in the spaces below to write a letter to that person.

RESPECT

Dear _____

I have chosen you to show respect to

because _____

I think you will find these actions valuable:

- 1.
- 2.
- 3.

Let me tell you why.

Here's how I will complete the actions.

I am excited to show you respect

because _____

Sincerely,

RESPECT

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Lesson 3: Challenge

Activity 3 Level 2 Be Direct with Respect

Instructions:

The easiest way to earn respect is to show respect to someone else. Pick one person that you want to show respect to and write a letter to that person using the guide below.

How-to Guide for Writing Your Letter

Dear (person's name),

In the first paragraph, identify the main topic of your letter. Do this by explaining to the recipient of the letter why you are writing to him/her. Why have you selected this person to show respect to? Provide two to three reasons for why you picked this person.

In the second paragraph, define actions that you think this person would highly value and explain what each action is and why the person values them. Include at least one positive action, but more is fine!

In the third paragraph, identify how you will complete the highly valued actions outlined in paragraph two. What will you need to do in order to show this person respect? Explain how, when, and where you can achieve the valued actions.

In the final section, write a thoughtful closing such as thanking the person for taking the time to read your letter.

Sincerely,
(your name)

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