



Respect Lesson

Directions: Copy the lesson onto a separate piece of paper. Be sure to title it and put your name, date and period on the top right-hand corner of your paper.

We all need and deserve to be respected. However, we cannot respect others when we don't respect ourselves. When you are rude, put people down, talk negatively, or insult people, you are hurting your respect for yourself as well as for others.

Everyone needs to feel good about their self in order to get along with others. When someone does not feel good about himself or herself, he or she speaks and acts in ways that hurt others. When you don't feel good about yourself, everyone loses.

We all have bad days. No one is immune to having things go wrong. That is why we always have to remember to treat people with respect, even if we are not feeling very good about ourselves, or can tell that they may not be feeling much respect for themselves. When you automatically treat people with respect, you help everyone feel better about themselves.

How can I treat people with respect automatically?

1. Ignore them when they say or do something that hurts my feelings.
2. Don't argue or fight with someone who is obviously not feeling good about him/herself.
3. Overlook it when someone is trying to tease me to get me mad.
4. Don't say things in anger-count to ten before I speak or don't say anything until the anger has passed.
5. Don't say negative things. I have a right to my opinions, but I do not have the right to express it.
6. Always try to think of everyone as doing the best they can-see everyone as the best that they can be.
7. Put myself in the other person's place and try to understand their point-of-view.
8. Treat others as I would like to be treated.