

Respect Yourself!

What is respect?

What is respect?

- What 'respect' means varies from person to person. It may be as simple as being nice to a person, or as complex as treating everyone the same with a specific set of values.
- What does respect mean to you?
- Your task is to brainstorm what respect means to you. Use key words or small sentences to explain how you show or use respect.



That's just disrespectful!

- As teenagers you will experience disrespect every day. It may come from siblings, friends, peers or even teachers.
- The question is, why is it disrespectful? Why may we find something offensive that others find funny?
- Have class discussion on what you find disrespectful and explain why.



Activity 2: What I can't stand

- Your task is to create a list individually of the situations or actions you find most disrespectful. You need to get five different situations or actions.



Respect for yourself

- We often know how to be respectful of others, but struggle with the idea of being respectful to ourselves.
- We usually don't know how to be respectful to ourselves or feel like we need to not respect ourselves to win the praise and acceptance of our friends or peers.
- If you have ever done something that you didn't want to do just to please your friends then you have shown a lack of respect.
- If you look at yourself and think negatively, then you have a lack of respect for your self image.

Self-respect isn't about feeling better.

Self-respect is about knowing your own value.



Respect for yourself

- So why is it so important to have self respect? If we don't have respect for ourselves we will never give ourselves the best chance to succeed or be the best we can be.
- You need to find positives within yourself and work on the aspects you consider to be negative.



Activity 3: Making Changes

- Your Task is to think about how you as an individual don't always show respect for yourself. Endangering yourself, making a fool of yourself or negative self talk are all examples of lack of self respect.
- You will select 4 ways you don't respect yourself and write them on the A3 Paper. You Must then brainstorm how you plan to improve in those areas. What strategies will you use?
- For each area you need to think of 5 strategies on how you could improve. Ask your teacher for help if you struggle to think of strategies.

Making changes

- Have a brief class discussion about what strategies people chose and how they want to improve.
- Please make sure you are respectful of peoples answers or suggestions.