

## RESPECT LESSON

*Copy the lesson on a separate sheet of paper and fill in the blank with your own words. Be sure to title it "Respect Lesson". Please sign and date the bottom of your paper before turning it in.*

Everyone needs and deserves to be respected. However, I cannot respect others when I do not respect myself. When I am rude, put people down, talk negatively or insult people, I am hurting my respect for myself as well as for others.

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 what their point-of-view is.
8. Treat others as I would like to be treated.

This is what I said or did that showed disrespect to my classmates and teacher:

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I understand that one of the major expectations in this classroom is to respect others. I will work harder to abide by that policy in the future.