

IN THIS LESSON, WE WILL LEARN...



1. KNOW WHY RESPECT IS IMPORTANT

2. RESPECT THEMSELVES, AS A NECESSARY STEP TO RESPECT OTHERS

3. EXPRESS RESPECT IN YOUR RELATIONSHIPS



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THE IMPORTANCE OF RESPECT

RESPECTING OTHERS IS IMPORTANT BECAUSE IT CARRIES **POSITIVE CONSEQUENCES** FOR ONESELF AND FOR THOSE TO WHOM WE SHOW OUR RESPECT.



TREATING OTHERS WITH RESPECT MAKE YOU LIVE HAPPIER



AVOIDS CONFLICTS AND HELPS TO RESOLVE PROBLEMS EASILY



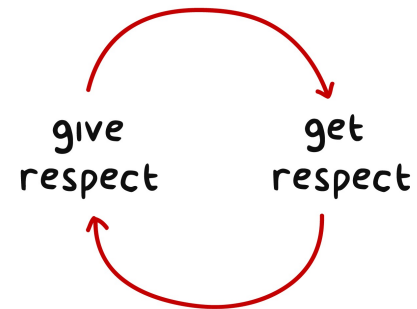
MAKES YOU HAVE A MORE OPEN LOOK AT PEOPLE



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SELF-RESPECT

YOU WILL NOT BE ABLE TO RECOGNIZE THE VALUE THAT
PEOPLE HAVE IF YOU DON'T RECOGNIZE YOUR OWN VALUE.



TO RESPECT OURSELVES, WE HAVE TO KNOW HOW TO LISTEN AND ACCEPT

OUR NEEDS

PHYSICAL NEEDS
EMOTIONAL NEEDS
ACCEPTING MY PAST
BUILDING MY FUTURE



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HOW TO EXPRESS RESPECT

Make a reflection on the following situations and how you could show respect in your relationships with others:



You feel safe being around each other



You know it's ok for both of you to express who you are



When you disagree you listen to each other and be patient



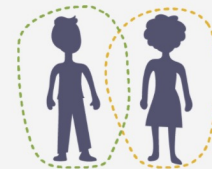
You don't yell or talk over the top of each other



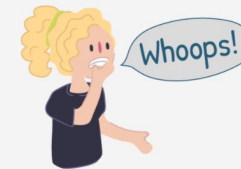
Neither of you are controlling the other person's choices



You both talk openly about your needs and wants



You both allow the other person space if they need it



You can both admit when you've made a mistake

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CONCLUSION



IF WE ALL TRY TO BE EXEMPLARY AND TO TEACH THOSE AROUND US TO ACT
RESPECTFULLY, WE WILL SUCCEED IN MAKING OUR WORLD A MORE
PLEASANT AND TOLERANT PLACE



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