

Week 1: Respect

What is Respect?

Respect means that you treat others like they are important. Respect can also mean that you follow the rules and that you treat other people's things the way that you would like for them to treat your things.

When you treat others with respect, you are showing them that you value their feelings or the rules that they have set.

- What are some of the ways that you show respect? Give examples of people you show respect towards, or rules that you show respect to by following.

Below is a list of **corresponding behaviors** for respect that students should model at school, home and on the soccer field:

- Being kind to others
- Using good manners
- Following class and school rules
- Listening when others are talking
- Taking care of things that belong to others
- Staying in your own space, keeping your hands off of others

Understanding Respect

Who are some of the people to whom you show respect?

Why is respect important?

Connection to Sport

Respect is one of the most important positive character strengths an athlete can have. Athletes must show respect for their coach, their teammates, for the referee and for the rules of the game. Athletes must also respect their bodies. It's important that they get plenty of rest and eat properly. They must also be careful never to smoke or take harmful drugs.



Mental Tools

Mental Tools are also known as cognitive behavioral strategies, which is just a fancy way of saying that you're thinking about the way your acting. The mental tools in this workbook have been proven through studies by psychologist to be helpful to changing or influencing desirable behavior.

Golden Rule - "Treat others the way that you want to be treated"

The Golden Rule is found in almost every religion and civilization in the world. It dates back thousands of years and is a simple way to teach kids how to respect one another.

Children need to be reminded over and over again, to treat others the way that they want to be treated. When there's an argument or fight with their brother or sister, ask them to stop and think for a minute. Put yourself in the other persons place and ask yourself, how would you like to be treated?

If-then

An **if-then** is simple strategy to use that helps the user think about a situation and then plan a response in advance. For example, **if** I'm tempted to talk while it's a classmate's turn to talk, **then** I will remind myself of the Golden Rule and wait for my turn.

Practice Showing Respect

- Look for times when you can show respect to someone or to something such as a school or class rule.
- Think of a time when you did not show respect to someone or something? What could you have done differently?

Week 1: Reflection

1. What went well?
2. What did you struggle with?
3. What did you learn?
4. What question(s) do you have?