

Respecting Myself and Others



Synopsis

Students discuss the concept of "respect" and explore ways to show respect to others and to themselves. They play a card game to identify actions that show respect and discuss why certain actions show respect and why other actions show disrespect. Students work in small groups to develop two role-plays, one that demonstrates a situation showing respect and another that demonstrates lack of respect.

Key Concepts

Respect for self and others

Objectives

Students will identify actions that show respect.

Students will analyze reasons people show respect.

Skill Emphasis

Analyzing Internal and External Influences

Time Requirements

One 35-minute session.

Materials & Preparation

Copy student pages (one for each student):

- R-E-S-P-E-C-T (one for each student)
- Self-Respect (one for each group)

Use the Respect Cards teacher page to prepare a set of cards for each group.

Copy teacher page:

- Respect

Background and Web Links

To view current content and background information for this lesson, visit this Lesson Plan and Teacher Resources at www.HealthTeacher.com.

Teaching Steps

1. Students complete sentences about respect.

Student Page: R-E-S-P-E-C-T

Have students complete the sentence. Discuss their responses.



Concepts

- Respect means holding someone in high esteem.
- Each person deserves respect.
- We show respect through our actions.
- Our view of self and others affects our actions.

2. Discuss ways to show respect to others.

Student Page: R-E-S-P-E-C-T

Ask for volunteers to read their responses to sentences 2 and 3. List the responses on the board. Have students brainstorm additional ways of showing respect. Add these to the list.

3. Students explore self-respect.

Student Page: Self-Respect

Divide class into groups of 3 to 4 students. Have students work with their groups to complete the student page. Discuss self-respect.



Concepts

- It is important to show self-respect.
- We show self-respect through our actions.

4. Students play a game to identify actions that show respect.

Teacher Page: Respect Cards

Divide class into small groups. Instruct groups to divide the cards into two stacks. One stack will contain cards that describe actions that show respect. One stack will contain cards that describe actions that do not show respect.

5. Reflect, summarize, and discuss.

Ask volunteers to read the cards from the "respect" stack. Discuss why these actions show respect.

Ask volunteers to read the cards from the "lack of respect" stack. Discuss why these actions fail to show respect.

Ask students why some people show respect for others and some people fail to show respect for others.

Assessment

Small groups develop two brief role-plays. One role-play should depict a situation in which the players demonstrate respect for self and others. The second role-play should depict a situation in which the players demonstrate lack of respect for self and others. Groups present role-plays, and the class provides feedback.



Discussion Points

- In what ways did the players show respect?
- In what ways did the players show a lack of respect?
- Why do people show respect for themselves and others?

Assessment Criteria



Concepts

Student work demonstrates accurate information by showing that:

- Actions demonstrate respect.
- Actions demonstrate a lack of respect.
- There are reasons to show respect.



Analyzing Internal and External Influences

Student work demonstrates proficiency by analyzing:

- External influences on respect for self and others, such as family, media, and peer influences.
- Internal influences on respect for self and others, such as self-esteem.

Respect

As students enter adolescence and puberty, they must enhance their interpersonal skills. Peer groups become more influential, and families seem to become less of a focus, although family relationships are still important to adolescents. Adolescents seek independence and a sense of belonging within their new experiences. Self-respect and respect for others are valuable assets for students who are entering the world of adolescence. Everyone deserves respect as an individual and a human being.

Respect is defined as "holding someone in high esteem or regard," and is shown through actions that exhibit consideration. Respectful actions include: listening attentively, being polite, being helpful, and being considerate to others. Self-respect involves practicing positive health habits such as eating well, exercising regularly, and protecting oneself from injury and illness.

Respectful behavior is influenced by internal and external factors. People who feel good about themselves (have high self-esteem) and have positive attitudes toward others are more likely to show respect. People who manage stress effectively may be better able to exhibit respectful behaviors.

External influences also affect the demonstration of respect. In many families, respectful behavior is valued and modeled. The media and peer groups can also create a climate of respect or disrespect.

R-E-S-P-E-C-T

Directions: Complete the following sentences.

1. Respect means

2. I show respect for my elders by

3. My friends and I show respect for each other when we

4. I show respect to other people because

Self-Respect

Directions: Work with your group members to answer these questions.

1. Is it important to respect yourself? Explain your answer.

2. How can you show respect to yourself?

3. Why do some people lack self-respect?



Respect Cards

Directions: Copy this page and cut the cards apart. Give one complete set of cards to each group.

I listen carefully when someone is talking
to me.

I say "please" whenever I ask someone
for something.

When someone is talking, I interrupt him
or her
if I have something to say.

When my mom or dad calls me to eat
dinner,
I ignore them until I can finish what I am
doing.

I make fun of people when they do things
that I don't like.

I eat foods that are good for my body.

I buckle my safety belt whenever I ride in
a car, truck or van.

I stay up as late as I can, even if it
means
being tired the next day.

I do my chores without being reminded.

