

Full Name:



Kindness and Respect Week 2

Value Yourself and Value Each Other

What is RESPECT?

Two Keys to Respect Every One Should Bow To:

THE SPIRIT OF RESPECT

The *spirit* of respect is represented by a sincere appreciation of the value and the rights of other people.

This is the basic level of respect due to all fellow human beings. We respect the right of other people to coexist. To pursue their own happiness and to do things in their own way — without being robbed or bullied or beaten or treated rudely. Our fellow humans are all entitled to their own dignity, to their privacy, to their right to be different, and to their right to make their own choices.

THE OUTWARD FORM OF RESPECT

The *outward form* of respect is shown by good manners. *Courtesy* means good manners. Immature people only think of themselves; mature people demonstrate their respect by always using good manners. Here are some ways that we can use good manners:

1. Please/thankyou; using people's names.
2. Don't interrupt when others are talking.
3. Waiting your turn... allowing others to go first.
4. Helping others with difficult things.

What are some other ways we can show good manners?

What are some situations when good manners are especially important?

How does it feel when someone is bad mannered towards us?

