

Respect

You are who you are for a reason.

You're part of an intricate plan.

Russell Kelfer

I. Definition of Respect.

- A. Esteem for or a sense of the worth or excellence of a person or thing.
- B. High or special regard for someone or something.

II. Types of Respect.

A. Personal Respect

- 1. Self-esteem - caring for oneself as a person: body, mind and soul.
- 2. Self-respect is the **starting point** for all other types of Respect.

B. Social Respect

- 1. Family
- 2. Friends
- 3. School
- 4. Sportsmanship
- 5. Property
- 6. Community/Government
- 7. Environment
- 8. Those with special needs
- 9. Faith

* Social Respect requires the ability to **role-play** and be **empathetic**.

III. Characteristics of Respect.

- A. Respect is a basic human need. Why?
- B. There is a correlation between the **respect you give** and the **respect you receive**. Why?
- C. Expressions of Respect: courteous, thoughtful, caring, nurturing, polite, helpful, considerate, tolerant, fair and just, cooperative, sensitive, appreciative, a good listener, keeping promises, integrity and humility.

D. Respect requires:

1. Optimism
2. Honesty and the desire for improvement
3. Hard work

IV. Glassman's 7 Rules of Respect

1. Honor the worth and dignity of every person.
2. Live according to the Golden Rule:
Do unto others as you would have them do unto you.
3. Be courteous and civil.
4. Be tolerant of differences while judging others according to their character. Never demonstrate:
Prejudice - disrespect for a person or thing that is different.
Discrimination - treating others unfairly or unequally because they are different.
5. Recognize and honor the rights, freedoms and property of others.
6. Honor the values and principles of community/society.
7. Work for justice and peace.

Some Questions:

What are some ways to show respect at Saint Viator?

How is cheating a form of disrespect?

In what ways does bullying violate the 7 Rules of Respect?

Reputation is sacred. What does this statement mean?

but He said to me, "My grace is sufficient for you, for power is made perfect in weakness. I will rather boast most gladly of my weakness, in order that the power of Christ may dwell with me. Therefore, I am content with weakness, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong.

2 Corinthians 12:9-10

What do you do when you are disrespected?