

## Respect.



### What is respect?

The term respect is used a lot, but what does it actually mean? It is a big concept to grasp. Some would say that respect is an attitude. A definition of respect includes 1) how you feel about someone and 2) how you treat them.

**Respect is how you feel about someone-** Having respect for someone means you think good things about who a person is or how he/she acts. You can have respect for others, and you can have respect for yourself.

**Respect is how you treat someone-** Showing respect to someone means you act in a way that shows you care about their feelings and well-being. Showing respect for others include things like not calling people mean names, treating people with courtesy, caring enough about yourself that you don't do things you know can hurt you.

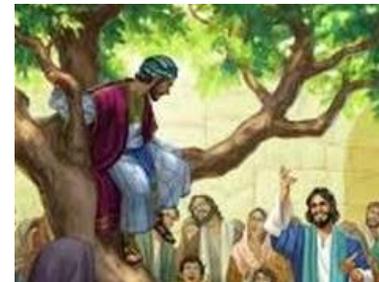
You could say, respect is thinking and acting in a positive way about yourself or others. Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

**What is respect important?** Without respect, interpersonal relationships will be filled with conflict and dissatisfaction. If we don't respect others, they will not respect us, and if we don't respect ourselves we will not be respected by others. It is essential to feel safe, to be able to express ourselves without fear of being judged, humiliated or discriminated against. Being respectful of others, being respected and respecting ourselves increases our self-esteem, mental health, and well-being.

### An example from the Bible:

From a Christian perspective, the first story in the Bible tells us that God made people in his own image. If we can understand that however different people may seem from us, underneath they are really quite similar to us, then that will help us to show respect for them.

Northleaze has chosen the Bible story of 'Zaccheus the Tax Collector' (Luke 19) to help us explore the value of respect through the scripture. This story shows that Jesus respected others- even those people who were not respected by their community. Zaccheus was a very unpopular and dishonest tax collector but Jesus still gave him his time. When Jesus treated Zaccheus with respect, Zaccheus changed his ways.



Link to the [Zaccheus story](#)

Good picture books about respect:

'Giraffes can't dance' –Giles Andreae

'Whoever you are'- Mem Fox

Link to a [Sesame Street explanation](#) of respect:



### Everyday examples of respect:

- You are quiet in a library to show that you care about (respect) others' need to read without interruption.
- You follow your parents' rules to show them you care (respect) how they feel about the situation.
- You don't hit, call people names or hurt people because you care about (respect) their well-being and feelings.
- You speak and act in a way that shows you care about what you know is right and safe, because you care about (respect) yourself and your well-being.
- You don't interfere with other people's right to look, think, or act differently than you because you care about (respect) their feelings and well-being.
- You can also show respect for your belongings and the environment.

