



***Respect  
is not  
imposed  
nor  
begged; it's  
earned and  
offered.***

**Proverb**

## **PATH**

### *The Golden Path of Respect*

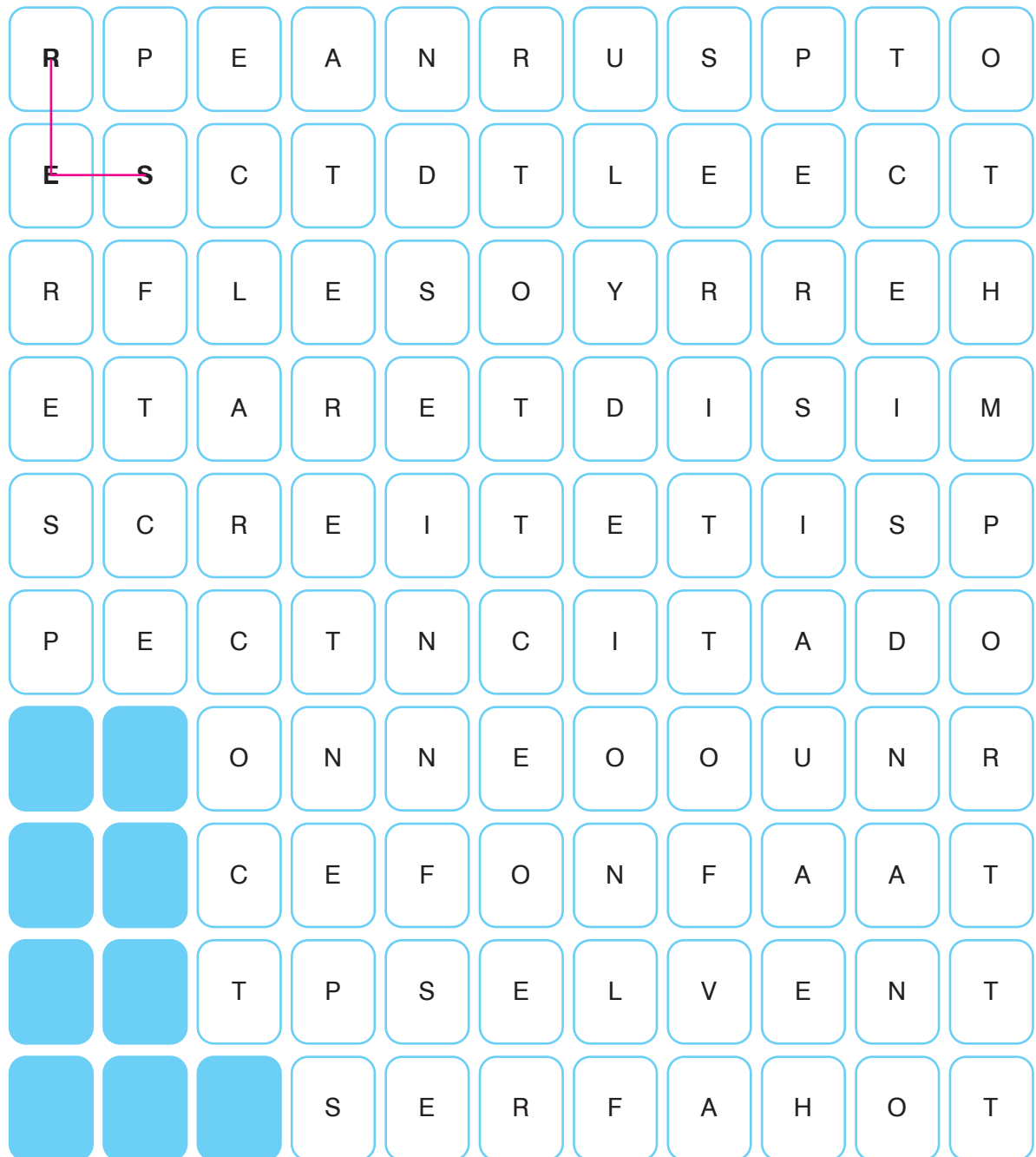
## **GAINS**

- Recognizing and appreciating individual differences among peers
- Developing an understanding of cultural, ethnic, and personal diversities
- Learning constructive ways to resolve conflicts and disagreements respectfully
- Demonstrating polite behavior and good manners in various social settings
- Understanding the importance of respecting teachers, parents, and other authority figures
- Reflecting on personal behaviors and striving to be a positive influence on others



## DIALOGUE

- 1 Connect the letters in the text maze to build this sentence: "Respect and self-respect are interconnected. To truly respect others, it is important to have a foundation of self-respect." The first three letters have been highlighted for you.



- 2 Read the conversation between Deb and Dan and make a list highlighting different expressions of respect influenced by cultural, social, and individual factors.

## Forms of Respect

<i>Respect for others</i>	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

**Deb:** Hey, Dan! I was preparing for today's debate points about respect and this quote got me confused: "Respecting the pain and emotions of oneself and others is an act of compassion that allows healing to begin and preserves the dignity of all involved." Is it ever possible to 'respect' pain and emotions? I am confused even about the general definition of respect now! What other aspects can respect ever have?

**Dan:** It's better we move in steps, Deb. Respect is essential in building strong and courteous relationships based on trust and empathy. Let's first make the distinction between self-respect and respect for others. Self-respect is about knowing our own worth, values, and personal boundaries. It is also about treating ourselves kindly and making choices that line up with our values and well-being. Respect for others is about accepting the worth and dignity of others, treating them with courtesy, and valuing their opinions and viewpoints.

**Deb:** We have started with a good point, Dan. Self-respect sets the foundation for how we interact with others, while respect for others allows us to form a positive and inclusive environment. What do you think about professional respect? I mean, people must respect their co-workers' expertise, knowledge, efforts, and boundaries. This is essential to have collaboration, trust, and productivity in teamwork.

**Dan:** Absolutely, Deb. Professional respect improves work environment by treating co-workers with professionalism. Do you have any ideas about cultural respect?

**Deb:** I have taken notes about that. Living in a world colored by diversity, we must respect and appreciate different cultures, traditions, and beliefs. Cultural respect allows us to develop inclusivity, understanding, and harmony among people from various backgrounds.

**Dan:** You're right, Deb. Cultural respect is also vital in promoting empathy, reducing prejudice, and building bridges between different communities through open-mindedness, and learning from diverse perspectives, and avoiding labels or discrimination against people.

**Deb:** There's also respect for authority, Dan. It is about accepting and honoring people or institutions in positions of authority or leadership for their expertise, experience, and responsibilities, and following rules, laws, and regulations.

**Dan:** Good point! We must not forget about respect for nature and the environment, Deb. We must acknowledge the central value of nature and treat it with care, conservation, and sustainability. We must never forget the interconnectedness of all living beings and the responsibility to protect and preserve the environment for future generations.

**Deb:** Well said, Dan. There are many practical ways we can promote respect in our daily lives like treating others with politeness, fairness and equality in words and action, being sensitive to their feelings, and solving problems with kindness and compromise, and keeping open lines of communication with everyone.

**Dan:** Absolutely, Deb. We must make sure we do not offend people with our language use. We must also show respect for time by being punctual and honoring our commitments. We must lead by example as the role models by demonstrating respect in our actions, words, and interactions with others.

**Deb:** Thanks for making me understand these better, Dan. No doubt, respect is a continuous effort that requires self-awareness and a commitment to treating others with dignity and kindness.

**Dan:** It's been a pleasure helping you, Deb. I wish you the best in the debate!

## SHORT STORY

- 1** Explain the following forms of respect in a few sentences: respect for parents and elders, and respect for differences.

Respect for parents and elders	Respect for differences

- 2** Match the following idioms and phrases with their meanings. Work in pairs to find the idioms in the story below and underline them.

<b>Hold your horses:</b>	○ Emphasizes that respect should be mutual, given and received
<b>Respect is a two-way street:</b>	○ To have a great deal of respect and admiration for someone
<b>Give credit where credit is due:</b>	○ Acknowledge and appreciate someone's efforts or achievements
<b>Hold in high esteem:</b>	○ An expression urging people to be patient or calm down

**3** Read the following story and identify the form of respect. Then find a name for the story.

.....

In a small town nestled between rolling hills, lived the Thompson family. The Thompsons were known for their strong bonds, and at the heart of it all was an elderly matriarch, Grandma Rose. With her silver hair and warm smile, she held the family together with love and wisdom.

One day, as the family gathered for their weekly dinner, Grandma Rose began to share tales from her youth. Her grandson, Jake, always held a special place in his heart for these stories. He often marveled at his grandmother's resilience and kindness, realizing that respect was the glue that bound their family.

As the evening progressed, an unexpected visitor arrived at the Thompsons' doorstep. It was a distant relative, Aunt Mildred, who had fallen on hard times. The family welcomed her, but tensions arose when Aunt Mildred began offering unsolicited advice, stirring the pot with her strong opinions.

The family was puzzled. Disagreements flared up, and the atmosphere became tense. Sensing the growing discord, Grandma Rose intervened. She calmly said, "Hold your horses, everyone. Let's remember that respect is a two-way street. Aunt Mildred, we appreciate your thoughts, but let's find common ground and treat each other with kindness."

Jake, inspired by his grandmother's words, took it upon himself to mediate. He thought, "Give credit where credit is due; Aunt Mildred may have a different perspective, but she's family." With diplomacy, he managed to create a dialogue, and slowly but surely, the family began to see eye to eye.

In the end, the Thompsons learned the importance of holding in high esteem the opinions of each family member, recognizing that everyone's input was valuable. Grandma Rose's wisdom prevailed, and the family continued to share meals, stories, and laughter, living by the principle that respect indeed is the cornerstone of enduring love and harmony.



4

Read the story below and discuss the following questions.

## WOODEN SPOONS AND LIFE LESSONS

In a distant village lived a family with a beloved great grandfather named Joseph, affectionately called Granpa Joe by the village children. As he aged, his eyesight dimmed, hands trembled, and hearing waned, making daily tasks challenging, especially during meals.

His daughter-in-law and eldest son grew frustrated with the old man's difficulties, but Dave, his grandson, compassionately cared for him. Despite Dave's warnings, the family continued their impatience, culminating in a dinner incident where the old man accidentally spilled food, prompting harsh words from his daughter-in-law.

Heartbroken, he prayed for relief, and the next morning, his son relocated him to a small cottage nearby. They provided him with a wooden spoon and bowl to prevent accidents. Dave, deeply saddened by his family's actions, decided to do something.

Late one evening, Dave began carving wooden spoons and plates. When questioned by his family, he explained that he was preparing for their future, emphasizing that everyone would age and face similar challenges. This realization struck a chord, prompting Dave's family to apologize to the old man, and bring him back home.

United, they shared meals using the wooden utensils, grateful for the lesson Dave had imparted. From that day forward, the family cherished the old man, understanding the importance of empathy, love, and respect for the elderly. They lived harmoniously, grateful for the enduring bond that Dave's wisdom had strengthened.

1. How did Dave feel when his parents made his grandfather live in a different place?
2. What do you think about Dave's reaction to bring his grandfather back?
3. How can we show respect for elders in our family and neighborhood?





## CONCEPTS

- 1 The following are some positive and negative concepts about respect and courtesy. Can you match them with their definitions?

Cultural Sensitivity	Gossiping	Constructive Feedback	Conflict Resolution
Dismissive Attitude	Active Listening	Invasion of Privacy	Personal Boundaries

a	.....	Engaging in open and polite dialogue to resolve conflicts or disagreements, seeking mutually beneficial solutions.
b	.....	Disregarding or belittling someone's feelings, experiences, or perspectives.
c	.....	Violating someone's personal space, spreading rumors or personal information without consent.
d	.....	Respecting others' personal space, privacy, and boundaries without intruding or making them uncomfortable.
e	.....	Making comments in a polite and helpful manner, focusing on specific behaviors and offering suggestions for improvement.
f	.....	Paying attention, maintaining eye contact, and showing genuine interest when someone is speaking.
g	.....	Spreading rumors or discussing someone's personal matters without their consent or in an insulting manner.
h	.....	Being aware and respectful of different cultures, customs, and traditions, avoiding labels or offensive remarks.



- 2** In the following scenarios, please provide in writing your decisions regarding contexts where ethical dilemmas may arise concerning the respect for others. Each situation necessitates thoughtful consideration to strike a balance between conflicting values and interests, all the while upholding respect for individuals and their rights. Your responses should outline the actions you would take and the rationale behind them.

## Ethical Dilemmas

### Clashing Opinions

A school faces a dilemma when a student's cultural practices or dress choices clash with the school's policies. What should the school administration do?

- Should they tolerate the student's practices, potentially sacrificing from the school's policy of equal treatment of all students?
- Should they involve the parents and the community to solve the issue in collaboration?
- Should they apply the school's standards and treat the student according to the action written in its policy?

### Tough Decision

Doctors in an emergency room face an ethical dilemma when the family of a terminally ill patient requests that the patient not be informed of their diagnosis. What should the doctors do?

- Should they respect the family's wishes, potentially disregarding the patient's autonomy?
- Should they prioritize the patient's right to know about his or her medical condition?
- Should they hold a meeting between the family and the patient, and leave them to think about a solution?

### Attitude Against Bullying

A student is constantly mocked by his peers for being overweight and having severe acne. A new teacher to the class witnesses this mistreatment. What should the teacher do?

- Should the teacher call out the inappropriate behavior in front of the class, several times emphasizing the importance of respect and kindness towards others?
- Should the teacher act as a referee between the student and the class to settle the issue in collaboration with all parents?
- Should the teacher invite the principal to the classroom to handle such cases with a strong administrative decision?

## POWERFUL WORDS

- 1** Remember, respect is a fundamental aspect of building positive relationships and creating a harmonious community. Examine the following quotes and engage in a discussion on how the principles of respect contribute to the establishment of healthy relationships and a joyful society.

"I speak to everyone in the same way, whether he is the garbage man or the president of the university."  
– Albert Einstein

"Respect for ourselves guides our morals, respect for others guides our manners."  
– Laurence Sterne

"Respect is not imposed nor begged; it's earned and offered."  
– Anna Neamus

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power."  
– Clint Eastwood

"Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves."  
– U. Thant

- 2** Choose one of the proverbs below and explain its meaning in a few sentences:

**"Respect is earned, not given."**

**"Respect your elders and you shall be respected."**

**"Respect is the key to open the door to someone's heart."**

**"He who does not respect confidence will not find happiness in it."**

.....

.....

.....

.....

- 3** Read the following sentences and underline the idioms. Then explore and explain their meanings to your classmates. The first one is underlined for you.

- 1 Despite being close friends, Sarah always made sure to respect Jenny's space when she needed some time alone.
- 2 With all due respect, I think we should consider an alternative approach to solve this problem.
- 3 The teacher's dedication to her students and passion for education allowed her to command respect throughout the school.
- 4 Despite facing challenges, the organization remains in good standing due to its commitment to transparency and ethical practices.
- 5 As a gesture of appreciation, the mayor decided to tip his hat to the local volunteers who tirelessly worked to improve the community.
- 6 Starting as an intern, Sarah worked diligently and proved her skills to earn her stripes in the competitive world of marketing.
- 7 In order to maintain discipline, employees were expected to toe the line and adhere to the company's policies.

- 4 This is a challenging quiz that includes questions related to quotes, proverbs, and idioms about respect. Read and find the right answers with your classmates.

## A Quiz on Respect:

### Quotes, Proverbs and Idioms

#### PART A: Who does the quote belong to?

**Question 1:** "Respect is how to treat everyone, not just those you want to impress."

- ☐ a Albert Einstein
- ☐ b Oprah Winfrey
- ☐ c Mahatma Gandhi
- ☐ d Martin Luther King Jr.

**Question 2:** "With all due respect, I think we should consider an alternative approach."

- ☐ a Winston Churchill
- ☐ b Abraham Lincoln
- ☐ c Margaret Thatcher
- ☐ d John F. Kennedy

#### PART B: Which nation does the proverb belong to?

**Question 3:** "A loving heart is the truest wisdom."

- ☐ a Chinese Proverb
- ☐ b African Proverb
- ☐ c Indian Proverb
- ☐ d European Proverb

**Question 4:** "Hold in high esteem the opinions of others."

- ☐ a Spanish Proverb
- ☐ b French Proverb
- ☐ c Italian Proverb
- ☐ d German Proverb

#### PART C: What does the following idiom mean?

**Question 5:** "Give credit where credit is due."

- ☐ a Acknowledge others' efforts.
- ☐ b Share your achievements.
- ☐ c Avoid giving credit.
- ☐ d Take credit for others' work.

**Question 6:** "To earn someone's stripes."

- ☐ a To gain someone's trust.
- ☐ b To prove oneself and gain recognition.
- ☐ c To lose someone's respect.
- ☐ d To ignore someone's achievements.

#### PART D: Write True or False.

**Question 7:** "Respect is earned, not given."

.....

**Question 8:** "Tip one's hat to those who inspire you." .....

#### PART E: Fill in the blanks.

**Question 9:** "To ..... someone's space."

**Question 10:** "To ..... the line and adhere to the company's policies."

## REFLECTIONS

**1** Study these behaviors and assess if they are respectful (✓) or not (X).

<input type="checkbox"/>	Making indirect, often unintentional, remarks or behaviors that humiliate or disregard people based on their identity or background.
<input type="checkbox"/>	Disregarding someone's opinions, ideas, or contributions, or consistently interrupting them when they speak.
<input type="checkbox"/>	Refusing to take responsibility for one's actions, blaming others, or denying the impact of one's behavior on others.
<input type="checkbox"/>	Expressing thankfulness and recognizing the efforts, contributions, or achievements of others.
<input type="checkbox"/>	Being truthful, trustworthy, and acting with honesty, even in challenging situations.
<input type="checkbox"/>	Committing repeated and intentional attacks, harassment, or bullying against others.
<input type="checkbox"/>	Using digital platforms to harass, threaten, or spread harmful content about others.
<input type="checkbox"/>	Offering assistance, encouragement, and support to others in times of need or hardship.
<input type="checkbox"/>	Trying to understand and share the feelings of others, showing compassion and support.
<input type="checkbox"/>	Treating someone unfairly based on their race, gender, religion, age, or other protected characteristics.



**2** Read the following text and answer the questions.

Antoine de Saint-Exupéry was a French writer and aviator best known for his novella “The Little Prince” (Le Petit Prince), which has become one of the most beloved books in the world. Inspiring his readers worldwide with his reflections on humanity, love, and the importance of relations, Antoine de Saint-Exupéry said, *“I have no right, by anything I do or say, to demean people in their own eyes. What matters is not what I think of them; it is what they think of themselves. To undermine a person’s self-respect is a sin.”*



- 1** How do you think people’s own perception of themselves is more important than how others see them?
- 2** Do you remember a time when you were respectful towards someone even though it was hard to show? How did your respect change the situation?

## FURTHER READING

- 1 Read the following text and answer the questions.

# ROGER FEDERER'S 'RESPECT' ACULAR VICTORIES

Roger Federer, a legendary Swiss tennis player, has gained global recognition for his exceptional skills and achievements in the sport. He held the top position in the world rankings and set multiple records, including the remarkable feat of winning 20 Grand Slam singles titles, surpassing any other player in tennis history.

His remarkable career is marked not only by his incredible tennis prowess but also by his outstanding sportsmanship and grace both on and off the court. Throughout his years of competing at the highest level, Federer consistently displayed a deep respect for the game, his opponents, and the values that sportsmanship represents. He was often seen consoling and encouraging opponents after a tough loss, acknowledging their efforts and displaying genuine empathy for their disappointment. Whether it was offering a kind word or a warm embrace, Federer's gestures of support and respect are a hallmark of his character.

On July 5, 2009, Roger Federer achieved the extraordinary victory at the Wimbledon finals by surpassing American tennis player Pete Sampras' record of 14 grand slams – winning all four major annual championships consecutively in one discipline (as an individual or a team). It was also in this momentous occasion that Federer displayed his exceptional character and athletic fair play one more time.

After the match, Federer chose to have a quiet celebration in the locker room. He knew how disappointed any tennis player would feel when they slipped victory through the net. He knew Sampras was upset after failing to win another grand slam title at Wimbledon. During his quiet and solemn moments in the locker room, Roger Federer celebrated his record-breaking achievement with humility and respect. In true maturity, Federer showed that winning is not merely about personal glory, but also about recognizing the efforts and emotions of those who fell short. Through his modest celebration, Federer sent a powerful message of respect and empathy for Sampras.

This display of sportsmanship further solidified Federer's reputation as not only one of the greatest tennis players of all time but also as a gentleman of the sport. Throughout his illustrious career, Roger Federer consistently demonstrated respect for his opponents, graciousness in victory and defeat, and a commitment to fair play.

When questioned about his quiet celebration, Roger Federer expressed his empathy for Pete Sampras, understanding the tremendous emotional toll that defeat can bring. Federer's words were a powerful reminder that sports are also about fostering a sense of solidarity and respect among athletes.

Off the court, Roger Federer has been actively involved in humanitarian initiatives. Since 2003, through his Roger Federer Foundation, he has dedicated himself to improving education and providing opportunities for children in need around the world. His commitment to using his platform for bettering society further underscores his character and the values he embodies. Federer's legacy in tennis extends far beyond his record-breaking achievements, serving as an inspiration for athletes and individuals to embrace the principles of athletic fair play and respect in every sphere of life.





- 1 How did Roger Federer demonstrate athletic fair-play and elegance, both on and off the tennis court?
- 2 What did Federer do to show support and respect for his opponents?
- 3 Why did Federer choose to have a quiet celebration in the locker room after his record-breaking victory at the 2009 Wimbledon finals?
- 4 How does Federer's quiet celebration exemplify his understanding of the emotional toll of defeat and his respect for his opponent?
- 5 Besides his achievements in tennis, what other contributions has Roger Federer made to society through his humanitarian initiatives?

- 2 What do Roger Federer's words below say to you about his sense of respect? Write a short paragraph in your notebook.

*"Sometimes you have to accept that a guy played better on the day than you. I fear no one, but respect everyone. I've always been aware that the image you patiently construct for an entire career can be ruined in a minute. It scares you a bit, but that's the way things are."*

