



Self Respect

SELF RESPECT means that you recognize that you are important and have value.

LESSON 1

Read the meaning of **SELF- RESPECT**. Explain that it is important for people to value themselves for who they are on the inside – rather than measure themselves by another person's opinion or by material possessions. Brainstorm different ways students can show self-respect. Call on students to list on the board words or phrases that tell how they can respect themselves. Some examples include: using good hygiene, dressing appropriately, speaking politely, and having confidence. As time allows, have students write a paragraph summarizing the importance of showing self-respect.

School/Home Link Ask students to discuss the meaning of self-respect with a family member. Suggest that together, they look through a magazine to find pictures that may positively or negatively impact self-respect.

LESSON 2

Review the meaning of **SELF-RESPECT** with the class. Remind students how important it is to value themselves and their unique qualities. Write the following statement on the board: **Self-respect is at the heart of respecting others.** Read: **What do you think that means? Think of a time you may have been disrespectful to someone. Think about why you may have shown disrespect. Was it in part because you were really angry or upset with yourself? Many times when we disrespect others, it is a reflection of not respecting ourselves. For example: A student who shows disrespect to a teacher because of a poor grade is really reacting to his or her own disappointment.** As time allows, have students copy the phrase from the board and explain what it means in their own words. Remind students that doing their best at all times shows self-respect!

School/Home Link Ask students share their ideas about self-respect being at the heart of respecting others with a family member.

LESSON 3

Review the meaning of **SELF-RESPECT**. Write the word **Celebrities** on the board. Ask students to think of their favorite celebrity. Ask: **Does that person display self-respect? Do they take care of their body in a positive way?** (Allow time for discussion) Read: **Although self-respect comes from within a person, outside factors can influence people. Because we see so many extreme examples on TV, it is easy to imitate what we see without realizing it may be harmful. Tattoos, multiple piercing, extreme clothing, or hair colors, etc. can hide who we really are inside and lower our self-respect.** Explain that even though the media has the potential for both positive and negative influence, more negative images are displayed. As time allows, have students create a "T- chart" listing positive role models on one side and negative role models on the other side. Ask students to evaluate which side of their T chart is the longest – the positive role model column or the negative role model column.

School/Home Link Ask students to identify positive role models on TV – a person who shows they value who they are on the inside as well as the outside.

LESSON 4

Review the meaning of **SELF-RESPECT**. Read: **In order for people to recognize value within themselves, they have to feel positive about their abilities and attributes.** Have students express positive aspects about themselves through similes, (comparisons that show how two things that are unlike each other in many ways are similar in at least one way.) Have them create and compare at least three positive things about themselves. Provide the following starter: I'm as _____ as a _____. Examples: I'm as smart as a book. I'm as fast as a rocket. I'm as healthy as a horse! As time allows, invite students to share one simile with the class.

School/Home Link Ask students to share a simile they created with a family member.

LESSON 5

Review the meaning of **SELF- RESPECT**. Remind students that self-respect means believing in the value, worth, and potential of oneself. Explain that there are many synonyms for the word self-respect. Write the following scrambled words on the board: **nigtyiD** (Dignity), **othryW** (Worthy), **ppArectiaion** (Appreciation), **aeluV** (value). Instruct students to try to unscramble as many of the synonyms as they can within a few minutes. As time allows, have students relate each of the words to self-respect.

School/Home Link Ask students to ask a family member to unscramble the word self-respect.