



Self Respect

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

Activity 1

Discuss the meaning of **SELF- RESPECT** with your child. Explain that having self-respect means recognizing the value of oneself and that self-respect is at the heart of respecting others. Help your child identify positive aspects about himself or herself. Together, look through a magazine or newspaper and find pictures that could positively or negatively impact self-respect. Discuss how the images of perfection are often portrayed in the media and help your child learn how to ignore the false, negative messages that could damage his or her self-image.

Activity 2

Discuss the quote: *"Self-Respect is knowing I am unique and valuable."* Together with your child, think of ways a person demonstrates respect to oneself. Examples could include: eating healthy foods, exercising, using good personal hygiene, not smoking, wearing seatbelts while riding in a car, etc. Together, make a plan to improve in one of these areas (or another of your choice). Congratulate your child for showing self-respect every chance you get.

Activity 3

Talk to your child about heroes and find out who he or she admires and why. Discuss who your heroes are and why. Talk about the importance of having a positive role model. Help your child select a role model from history, TV or personal life whose example can help develop his or her individual strengths and talents.

Activity 4

Share with your child a time in your life when you struggled with insecurities or a negative self-image and discuss how you overcame these challenges. Talk to your child about a realistic goal he or she would like to accomplish. Together, plan the steps that are needed and start working toward that goal. Help your child identify three positive things about himself or herself. Encourage him or her to say those things while looking in the mirror every day.

Activity 5

Have a family history fun night where your child can learn interesting stories from the lives of his or her ancestors. It can be interesting for children to learn that Great-Great Grandma raised prize pigs or Great Auntie made her living selling mayhaw-pickle jelly. Additionally, it gives your child a sense of identity and belonging that establishes a foundation for understanding and valuing who they are. Have fun sharing stories about individual family members.