



## 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. Examples include: using good hygiene, dressing appropriately, speaking politely, reading good books to increase learning, and having confidence. Instruct students to identify at least three things they did today that demonstrates self-respect. As time allows, have students compose a short paragraph that summarizes the importance of having self-respect.

*School/Home Link Ask students to discuss the meaning of self-respect with a family member. Suggest that 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.** Allow time for discussion as you read: **What do you think that means? Think of a time you may have been disrespectful to someone and 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.** Instruct students to write the word “disrespect” on the board or on paper and circle the prefix “dis.” Call on students to tell how this prefix changed the meaning of the word. Reinforce the importance of respecting oneself.

*School/Home Link Ask students to 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: **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 piercings, extreme clothing, or hair colors, etc. can hide who we really are inside and lower our self-respect.** Explain that the media has the potential for both positive and negative influence, so it is important to be on guard to the negative images that 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, and discuss why.

*School/Home Link Ask students to identify a positive role model on TV and discuss with a family member how that person shows they value who they are on the inside as well as the outside.*

### LESSON 4

Review the meaning of **SELF-RESPECT**. Give students situations to consider and ask them to indicate with a “thumbs up” or a “thumbs down” whether the situation shows respect or not. Read: **Since self-respect is at the heart of respecting others, situations should include both self-respect and respect for others.** Read the following:

- 1) Eating healthy (thumbs up)
- 2) Returning something you borrowed (thumbs up)
- 3) Saying “thank you” and “please” (thumbs up)
- 4) Rolling your eyes when corrected by an adult (thumbs down)
- 5) Pouting or having a temper tantrum when things do not go your way (thumbs down)
- 6) Studying for an upcoming test (thumbs up).

As time allows, invite students to share more examples of behavior that demonstrates self-respect.

*School/Home Link Ask students to talk with a family member about ways to show self-respect.*

### LESSON 5

Review the meaning of **SELF- RESPECT**. Brainstorm with students ways to show respect for their minds and bodies. Make two lists on the board with the following headings: **Body** and **Mind**. Ask students to identify ways to show respect to their mind and body. List them under each heading. Examples include: study, eat healthy foods, exercise, etc. Have students copy three of the items from each list that they want to work on. Encourage them to keep strengthening their self-respect.

*School/Home Link Ask students to share their list of ways to show self-respect with a family member.*

### Louisiana Content Standards and Grade Level Expectations

ELA-1-E6, ELA-4-E2, ELA-4-E5, ELA-4-E7, ELA-3-E3, ELA-7-E1, ELA-7-E2, ELA-7-E4