



SELF RESPECT

DAY 1

Good morning and welcome to *The Principal's Principles*. This week we are focusing on the good character trait of “self-respect.” Self-respect means that you know how valuable you are as a person. When you have self-respect, you make decisions that are good for you and that do not hurt you in any way. An example of this is that a person with self-respect would never use drugs, because he or she knows that drugs are bad for the body and mind. Today, think about whether the decisions you make show respect for yourself.

DAY 2

Good morning and welcome to *The Principal's Principles*. No one is good at everything they try. For example, a person may be a great athlete, but might not be able to draw very well. Or a person might do very well in math, but has to try harder in one of her other subjects. One way that you can show self-respect is by understanding and accepting all of the different things that make you who you are, even the things that you do not do well. Also, take the time to enjoy the talents that you do have and respect yourself by using your talents in as many ways that you can every day.

DAY 3

Good morning and welcome to *The Principal's Principles*. A person who has self-respect does not use violence as a way to solve problems, but instead looks for solutions that also show respect for others. The next time that you find yourself in a disagreement with someone, remember to react in positive ways that show self respect: try to be polite and stay in control of your actions at all times. Today, think of self-respecting ways that you can help yourself to keep from doing things like pushing, shoving, or hitting others when you get mad.

DAY 4

Good morning and welcome to *The Principal's Principles*. Self-respect means not hurting yourself by doing things just because someone tells you to do them. A person with self-respect will not be dishonest to cover for others, and will not place themselves in danger just to become a part of a group. Remember that anyone who tries to make you do something that you think is wrong is not showing any respect to you as a person.

DAY 5

Good morning and welcome to *The Principal's Principles*. This week we were focusing on what it means to have self-respect. When you treat yourself with self-respect, you will not have trouble making decisions that are best for you, and you will be happy to just be yourself around others. When you have respect for yourself, it makes it easier for others to respect you as well. Think about it, and have a great weekend!