



Students throughout the District are learning about character building through a weekly series of character-building lessons. Each lesson provides a **Home Link** and a **Community Link** to reinforce the daily classroom lesson. The **Home Link** is designed to foster meaningful communication among family members.

The **Community Link** is a proactive tool designed to heighten good character awareness and promote socially responsible behavior in the community. Each week focuses on the character quality presented in our elementary schools and provides ideas for your consideration.

The Community Link

This week, our students are focusing on the importance of **SELF RESPECT**. They are learning:

- The importance of respecting oneself.
- Ways to demonstrate that one has self-respect.
- Self-Respect is necessary in order to respect others.
- Reasons why self respect helps people be successful.

Please take the time to consider what this good character quality means to your own group or organization by sharing the following:

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.

Consider using this Community Link with your employees, membership or organization whenever possible.

What You Can Do!

- Take a poll: Does our group or organization foster an attitude of self-respect in each member? For example, do we allow group members to make healthy choices in the drinks and snacks that we offer in the office? Do we take measures to acknowledge the contribution that each individual makes to our mission, as well as their value as persons? Post the results.
- Food for thought: Would other say that you are an example of someone who has respect for himself/herself? Why or why not? What words would you use to describe someone who demonstrates self-respect?
- Encourage the practice of SELF RESPECT in your organization as often as possible.
- Post this quote by English astronomer Sir John Herschel: "Self-respect is the cornerstone of all virtue."