

# RESPECT

## UNDERSTANDING AND ENCOURAGING RESPECT

Respect is a concept that is sometimes easier to understand in its absence. We sense disrespect, but what does it mean to be respectful?

Our mission this month is to gain a better understanding of what we mean by respect in our families. With more clarity on the subject, it's easier for everyone to be respectful.

We learn the basics of respect as children by imitating adults, so one big goal this month is to look at your own behavior and decide if there are actions you like to change to better demonstrate respect.



**Connection not perfection! Everyone can grow and learn, starting right from where they are.**



### Journal Prompts for Reflection:

- Do you feel you were treated with respect as a child? Write some examples why or why not.
- When is it ok to yell at someone?
- What is your definition of self respect?
- Write about a time your child was disrespectful. What do you wish they'd done instead?



### Allowing for Growth

- Need a "do-over"? If you find yourself in a conversation headed downhill, you might say, "Wait, let's have a do-over." And start again with participants trying to be more respectful.
- One way parents can demonstrate respect is by apologizing when they realize they've been disrespectful to their children or partner.



### Practice Self Care

- You don't always have to say yes to everyone else. Taking care of yourself is necessary. Give yourself permission this month to say no to an extra obligation you don't want.
- Self respect when others are disrespectful: **remember**. What someone else says about you says more about them and their history than it does about you.



### Practice Everyday Connection

- This month find an opportunity to compliment your child on being kind.
- Expressing gratitude is a form of respect. Can you and your child send a thank you card to someone this month?

### Let's Chat! Conversation Starters:



- What does it mean to be respectful? Can you treat someone with respect even if you don't respect them?
- What is a way to be respectful of someone's time? of their space? of their body?
- What does respect for authority mean? Should you respect authority?
- What are ways you can be respectful to someone who is younger than you?

Make this theme personalized to you by filling out this journal page.  
You can use the current theme page to inspire your answers if you like.



**Reflection: Looking back, what was something you learned in the past month?**

Grid area for reflection.



**Room to grow: Looking forward, what is one way you would like to grow this coming month?**

Grid area for room to grow.



**Write down one way you'll practice self care this month:**

Grid area for self care practice.



**Write down one way you'll practice everyday connection this month:**

Grid area for everyday connection practice.

**Let's Chat! Conversation Starters:**



- Write down a specific time you will try to start conversation this month (such as on the way to school, before bed, while waiting in line, etc.)

Grid area for conversation starters.