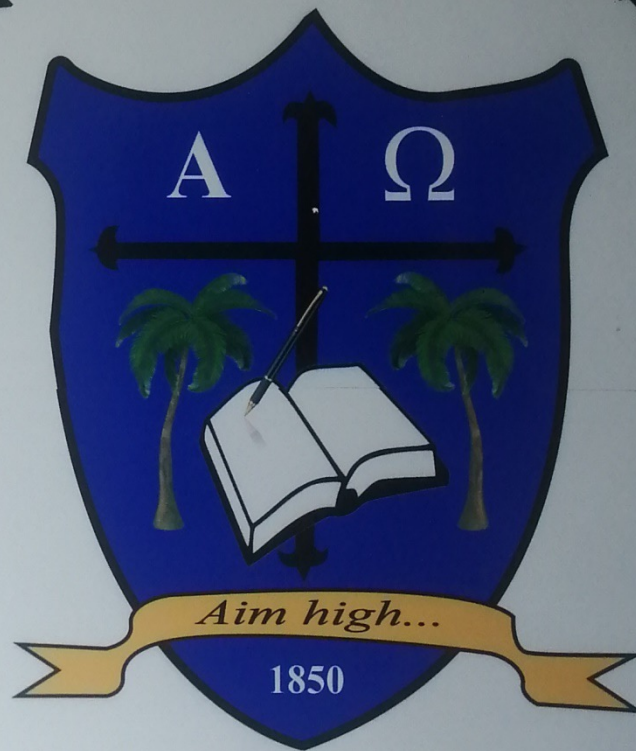


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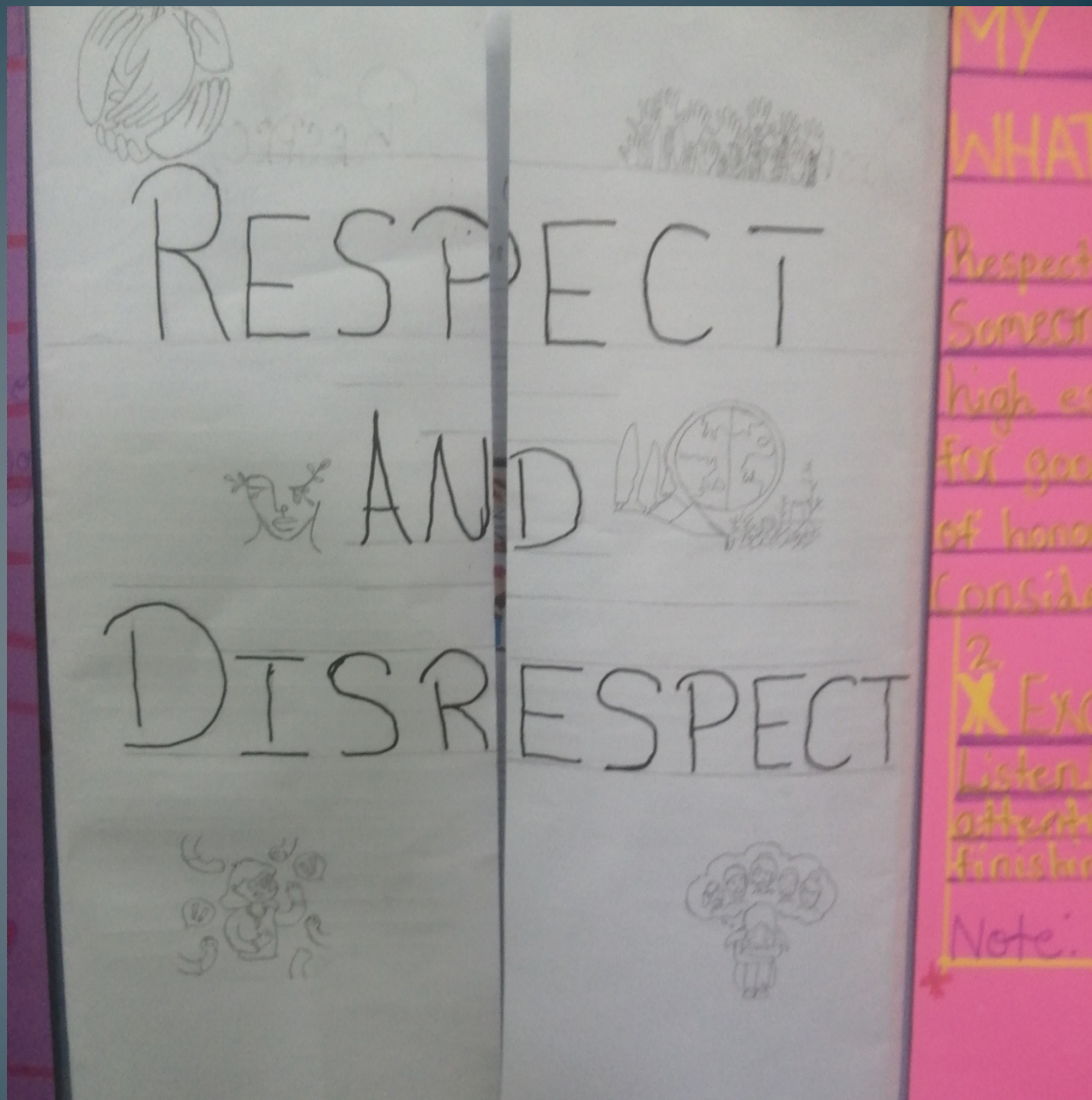
PRIMARY SCHOOL

With God in Front Success will Follow



Mr. Moore (Acting Principal) with POST SEA 2023 students, Jilani Nathan, Shane King and Orlando Alexander





On Demand Module: Respect

RESPECT

What is Respect?

Respect is a positive feeling or action shown towards someone or something considered important or held in high esteem or regard. It means a form of admiration or good or valuable qualities. It is also the process of honoring someone by exhibiting care, concern or consideration for their needs or wishes.

What is Self-Respect?

Self-respect is a word that means knowing how to treat yourself, your dignity and taking pride in your abilities. Being self-respecting means that you believe at a core level that you're worthy of being treated fairly and with courtesy. It is an important part of your identity. Because it reflects how you value yourself, self-respect is a key to living a happy and good life.

What does it mean to have respect for others?

Having respect for others means accepting someone for who they are, even when they disagree with you or you don't agree with them. It means treating others with kindness and courtesy and valuing their feelings and opinions. Respecting others helps us to get along better with everyone. It also helps us to be happy and healthy.

Respect

13 ways to show respect

1. Be kind and courteous
2. Be polite
3. Show gratitude
4. Apologize when wrong
5. Use common ground
6. Listening
7. Get to understand others
8. Be respectful for differences
9. Show empathy
10. Celebrate their achievements
11. Offer support
12. Keep your promises
13. Take care of you



Examples:

5 tips to getting respect:

1. Listen and be heard
2. Be thoughtful of other people
3. Make positive choices in others' feelings
4. Respect others' boundaries and privacy
5. Address mistakes with kindness

Disrespect

Ways to deal with disrespect:

1. Take a deep breath
2. Don't react immediately
3. Think about your words before you say them
4. Stay calm



Examples:

How do you act when you're hurt?

1. Think things through
2. Don't react immediately





DISRESPECT

What is Disrespect?

Lack of regard for someone else's rights.

Feelings, dignity, wishes or well being

And its harmful to others or the person you (disrespected)

Not accepting people for who they are, even when they're different from you or when you don't agree with them.

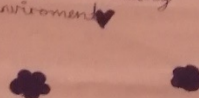
Why is disrespect Important?

disrespect allows you and to not do you best at all times



Not being polite to at all times and and being disrespected but.

Helps to not maintain a safe and healthy environment



Self - disrespect



Not having pride and confidence in yourself, behaving with no honour and dignity.

disrespect to others



Not caring about how you actions may affect others.

Mika Bannister



Respect wesley Dottin



What is respect?

respect is about thinking and acting positively about others and ourselves (self-respect) means caring about how our actions affect others, being inclusive, and accepting others for who they are, even when they are different. Respect starts with confidence and it is linked with empathy, compassion, integrity, and honesty.

Respect

5 ways to show for example: 1. Be kind and courteous.

4 tips to getting respect: 1. Listen and be present 2. Be thoughtful of others feeling 3. Make decisions based on what's right, not who you like 4. Respect physical boundaries.

2. Be polite, avoid interrupting or causing disturbances.

3. Listen to others and respect differences in beliefs and opinions.

4. Think before you speak, your language and tone.

5. Lend a helping hand or ear and practice compassion.



disrespect

What is disrespect?

Disrespect is all about not showing respect, Actually, it's about showing the opposite of respect, by acting rude, impolite, and offensive. Talking back to your teacher is showing disrespect for her authority. Not giving up your seat to an elderly person is an act of disrespect.

4 ways to deal with people who show disrespect for example: 1. Take a deep breath You don't want to go in hot and risk saying something you don't mean, or worse disrespect the other person right back. 2. Remember you're here for resolution not revenge 3. Decide on your desired outcomes before you start talking 4. Stay calm. How do you act when someone disrespects you? Use humor to defuse a difficult person. Stop the spiral of rudeness. Don't escalate.



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