



'Respect' skill reminds us to be respectful to ourselves and others and that giving respect means gaining respect.



Respect is about valuing other people and ourselves and treating others as we would like to be treated.

Respect demonstrates positive feelings and kind regard for ourselves, other people, property, places, the environment, animals, cultures, values and qualities. Think of a person you respect – what are the qualities you admire?

- **R**espect self and others and the environment
- **E**quality and Esteem
- **S**ay please, thank you and sorry
- **P**olite, kind and considerate
- **E**ars to listen!
- **C**lear, calm communication
- **T**reat others as we want to be treated

Examples of Respect	Examples of Disrespect
<ul style="list-style-type: none">• Having a polite and kind regard for ourselves and others• Being honest without excuses or exaggerating• Being fair• Being reliable and on time• Treating others the way we want to be treated	<ul style="list-style-type: none">• Being rude, critical or mean• Lying or gossiping about others• Insulting or hurting the feelings of others• Being selfish and putting ourselves above others• Not listening