

## **COPY THE FOLLOWING PAGE**

We all need and deserve to be respected. However, we cannot respect others when we do not respect ourselves. When you are rude, put people down, talk negatively or insult people, you are not showing respect for yourself as well as others.

Everyone needs to feel good about themselves in order to get along with others. When someone does not feel good about himself or herself, he or she speaks and acts in ways that hurt others. When you don't feel good about yourself, everyone loses.

We all have bad days. We all have days when things go wrong. That is why we always have to think of others, even if we are not feeling very good ourselves. When you treat people the way you would like to be treated yourself, you help everyone feel better about themselves.

How can I treat people with respect?

1. Treat others as you would like to be treated yourself.
2. Try to think of everyone as doing the best they can – see everyone as the best that they can be.
3. Don't say things in anger, count to ten before you speak or don't say anything until the anger has passed.
4. Sometimes it is not all about me, there are other people in my class who want to learn that deserve the teacher's attention as well.
5. Smile.

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