



What Is Respect?

Do you know what it means to show respect? When you respect yourself, you are good to yourself. You don't do things that could hurt your body or feelings. You take action to stay happy and healthy. You are kind to yourself. You remember the things you like about yourself and are proud of who you are!

Here are some examples of how to respect yourself:

- Look at yourself in the mirror and say three things you love about yourself.
- Share your feelings with a friend or family member when you feel sad or upset.
- Learn a new skill—try it out even if it's hard at first.
- Understand that it is okay to make mistakes.
- Exercise to take care of your body.

You respect others when you show you care about them. You listen to their feelings. You practice good manners around them. You are kind and make an effort not to hurt them or their feelings. That's what it means to have respect for others!

Here are some examples of how to show respect to others:

- Listen to others when they speak.
- Don't talk while others are talking.
- Use kind words.
- Share with others.
- Say "thank you."