

RESPECT

OBJECTIVE

- Determine ways to show respect to yourself and others.
- Understand and practice empathy.
- Learn positive ways to deal with disrespectful situations.

PRE-GAME

- Questions for Friendly Debate

LIFE/SOCIO-EMOTIONAL SKILLS

Social Awareness:

Taking others' perspectives

Demonstrating empathy and compassion

Showing concern for the feelings of others

CHALLENGE

FRIENDLY DEBATE

Start out by posing a question that prompts people to choose a side. Here are some examples:

- Which food is better: pizza or tacos?
- Would you rather go to a movie or play video games?
- Which do you prefer: fast food A or fast food B?

Have everyone physically divide into sides—pro pizza to the right; pro taco to the left. Let all the like-minded people discuss the virtues of their position for three minutes and then have a representative try to convince the mentors which is better. Have the mentors choose which side “won” by communicating their point most effectively and respectfully.

COACH'S COMMENTARY

This week, we will focus on respecting yourself and others as well as help students understand empathy. Have students discuss positive ways to deal with disrespectful situations by presenting positive ways to react.

respect

noun

1. a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
2. due regard for the feelings, wishes, rights, or traditions of others.

verb

admire (someone or something) deeply, as a result of their abilities, qualities, or achievements.

PLAYBOOK

Read the definitions of respect. Discuss the dynamics of the Friendly Debate. What happened when the class disagreed? Did the way people communicated show respect for each other?

Have two mentors do a skit where they are pretending to be students walking down the school hallway. Have one mentor bump into the other mentor. Mentor #2 starts yelling angrily at Mentor #1 saying things like "How dare you hit me? Can't you see where you're going? You're so stupid!"

Repeat the skit. Demonstrate two students in the same situation but this time just saying "I'm sorry" and moving on.

Tell the students the following:

You can't always change a situation, but you can choose your response. Remind the students that many times, it's impossible to control the situation or even the outcome. But the thing you can always control in that equation is your response so being mindful of your emotions and having positive coping skills will help you feel better about the outcome.

ASK THE STUDENTS

Do you want people to respect you? And if so, why? What are some ways that you first show respect to yourself?

- Take care of yourself – your hygiene, your health
- Develop healthy relationships
- Set goals
- Work hard
- Set boundaries
- Sleep
- Say no to things that don't align with your values
- Have standards
- Apply yourself academically and graduate
- Do your homework and study
- No cheating
- Take responsibility for your actions
- Have a positive attitude
- Ask for help

ASK THE STUDENTS

What are ways that you show respect for others?

- Be kind and polite
- Don't bully
- Accept people

- Stand against racism and discrimination to anyone
- Treat others how you want to be treated
- Listen more than you talk
- Control your reactions
- Be on time
- Respond to those in authority politely
- Embrace diversity
- Keep your word
- Teamwork (both academic and sports/activities)
- Don't criticize
- Help and protect others, especially those weaker or more vulnerable
- Practice empathy

ASK THE STUDENTS

What is empathy?

Empathy is defined as the ability to understand and share the feelings of others. Empathy and sympathy are often confused. Sympathy is a shared feeling of sorrow or pity but empathy is putting yourself in someone else's shoes. Developing empathy is a learned thought process, meaning it does not come automatically for a lot of people. However, our school and community are better places when we practice empathy.

Present the following scenarios to the students and talk through ways to positively react:

Your friend comes to school with a bad attitude and when you make a joke about them that would normally be laughed at, your friend becomes angry and snaps at you. How do you respond? Do you yell back at them? Refuse to speak to them? Would you respond differently if you knew the night before your friend found out his mom has cancer?

No matter what situation you find yourself in, you can choose to handle it with respect. When you react to disrespectful scenarios with respect, you show maturity and set yourself up for success. However, if you choose to match disrespect with disrespect then you are at risk for consequences and you have become what you disliked about the other person. The calmer and more respectful you can stay will either diffuse the situation or it will clearly demonstrate your inner strength.

FINAL BUZZER

"Seek respect, not attention. It lasts longer."