



Character Counts

Respect

What is Respect?

Respect is regard and esteem. It is consideration and attention. Respect is also approval and appreciation and recognition. It means we treat others the way we want them to treat us. Respect is a pillar of character that should ring through our 4-H programs.

There are many benefits of treating others with respect. It builds friendships. By respecting other 4-H members, 4-H leaders and parents you set the wheels in motion for new members to

quickly feel like they belong in your club. When members know they won't be made fun of, they are more likely to share their ideas and we all benefit from having the opportunity to listen to the viewpoints of others. That's when we come up with the best possible solutions and ideas for our group. Respect is what makes it possible for us to have different opinions and still work together. It encourages us to take risks and try something new.

Respect for others

can keep us from lashing out in anger. When the relationship is the most important thing, we strive to communicate in a way that builds up the relationship rather than tearing it down, even when we are angry.

In addition to respecting people, we also respect our environment by taking care of it. This pillar reminds us to respect all that is around us — our world, each other and ourselves.

Respect communicates "I know you can figure this out if I give you a chance to try your ideas"

For Character Counts Activities please visit www.4h.uwyo.edu

Respect in 4-H



Leaders:

- Be tolerant, respectful and accepting of those who are different from you
- Ask members their thoughts and ideas in making club decisions
- Allow members to make choices in their project and complete their own work
- Listen to others and try to understand their

points of view

- Model positive communication for members

Members:

- Listen at club meetings
- Even when you disagree, share your opinion in a respectful way
- Help others in the project and give encouragement
- Take good care of property you are allowed to

use and don't take or use property without permission

- Say "please," "thank you," and "excuse me"
- Be gracious and follow rules like dress codes, not swearing or smoking

Adapted from Kansas State Character Counts for 4-H Clubs and Character Connections by Missouri 4-H

Clover Connection

- **Head** - before you act, always think, "will this hurt or disturb someone else?"
- **Heart** - be nice to others, offer to help whenever you can
- **Hands** - practice good manners, respect others' property, take care of the land and the community where you live
- **Health** - respect your body and take care of yourself