



## Character Counts RESPECT

**Honor the worth and dignity of all individuals.**

### How To Be Respectful

- ♦ Treat other people the way you want to be treated.
- ♦ Be courteous and polite.
- ♦ Listen to what other people have to say.
- ♦ Don't insult people, or make fun of them, or call them names.
- ♦ Don't bully or pick on others.
- ♦ Don't judge people before you get to know them.

### **Respect**

The essence of respect is to show solemn regard for the worth of people including yourself. There are two aspects of respect:

- **What you think of others**
- **How you treat others**



**Respect in 4-H**

### Showing Respect of 4-H Animal Projects

Respect includes the courtesy and proper treatment of all people, animals, and things.

- Respect is shown by handling and treating animals humanly
- Respect is shown by caring for animals properly
- Respect is shown by recognizing that an animal project is dependent on a 4-Her to provide daily feed and water

### **Respect Activity**

#### Ten Things I Like About Me

Respecting others is crucial to good character. Respecting yourself is equally important.

Have each 4-Her devise a list called "Ten Things I Like About Me." Encourage members to include anything that makes them proud, from silly to serious. Ask them to decorate their lists. Tell 4-Her's to tuck their lists always in a special place to read again when they need a little "refueling"

Source: Spotlight on Character: Plays that show CHARACTER COUNTS!

For Character Counts Activities please visit [www.4h.uwyo.edu](http://www.4h.uwyo.edu)

### **4-H Is...**

4-H is NOT about winning. It's NOT about doing better than others. 4-H IS about doing the best you can. It IS about being the best you can be. It IS about making this world the best it can be.

☺ **IT'S ALL ABOUT CHARACTER!** ☺

Like this activity? Find more like this in the "Good Ideas Book" at your local Extension Office