



that's what we're made of

Character Counts Respect

A Person of Respect

Are You A Respectable Person?

Spend some time talking with your family about being respectful and how respect and disrespect is shown in everyday situations. Encourage them to talk about one of the following:

- A friend borrows one of your toys and won't return it. Is that friend being respectful? What do you do?
- You tell a friend a secret and he tells it to a few other people. Is that friend being respectful?
- You're at the monthly 4-H meeting; raise your hand to make a comment and everyone listens quietly while you talk. Are members of the 4-H club being respectful? Are you respectful when others are talking?



People who show high respect and are considered a person of character are those who: treat others with respect, follow the Golden Rule, be tolerant and accepting of differences, use good manners, not bad language, be considerate of the feelings of others, don't threaten, hit or hurt anyone, deal peacefully with anger, insults, and disagreements.

"There are more important things in life than good hair—like what kind of person you are inside."

~ Unknown ~

Respect

GLURP in 4-H

Have members design a "GLURP":

G = Something I'm **GOOD** at

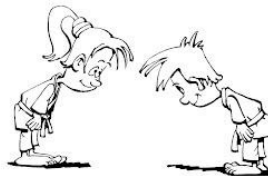
L = Something I **LIKE**

U = Something I could do **UMPTEN** times

R = Something I do to **RELAX**

P = Something I'm **PROUD** of

They can use art, words, or pictures. Allow the members to share their GLURP with the group. Be sure the members speak loudly and clearly and that the group is quiet and respectful as each person shares his/her GLURP.



Clover Connection

Head - thinking before acting "will this hurt or upset someone else?"

Heart - treating others the way we want to be treated

Hands - practicing good manners

Health - respecting your body and taking care of yourself

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

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