



*that's what we're made of*

# Character Counts

## Respect

**Respect** is a positive feeling of esteem or deference for a person or other entity (such as a nation or a religion), and also specific actions and conduct representative of that esteem.

Respect can be a specific feeling of regard for the actual qualities of the one respected (e.g., "I have great respect for her judg-

ment"). It can also be conduct in accord with a specific ethic of respect.

Rude conduct is usually considered to indicate a lack of respect, *disrespect*, where as actions that honor somebody or something indicate respect.



“Friends don’t have to be just like you. They just have to like you” *Unknown*

### 4-H Activity

Can you tell the difference?

**Materials:**  
M&M's candy  
napkins

1. Place a napkin in front of each member
2. Place one of each color of M&M's on a tray and ask the members what they see.
3. Ask members to close their eyes . Give each member a piece of candy and ask whether they can tell the color of their piece just by the taste. Note the inability to distinguish color by taste.
4. Give each member another piece of candy. Ask each to bite the candy in half, then examine the inside. "What do you see now?" Note whether their answers differ from step 1.
5. Ask: What did you find out about the candy through this activity? How are people like pieces of candy? How are we different from one another? How are we similar to one another?

#### Clover Connection

- Head** - Think about how your actions affect others
- Heart** - Even though you may not like someone you should still be respectful.
- Hands** - A handshake is a great way to show respect when meeting newcomers
- Health** - Decreasing angry reactions and increasing respectful reactions is good for your health! It can lower your blood pressure!