



*that's what we're made of*

## Respect



“Respect  
yourself and  
others will re-  
spect you”

*Confucious*

**Respect** can be both given and/or received. Depending on an individual's cultural reference frame, respect can be something that is earned. Respect is often thought of as earned or built over time. Often, continued caring interactions are required to maintain or increase feelings of respect among individuals. Chivalry, by some definitions, contains the outward display of respect.

**Respect** should not be confused with *tolerance*, since *tolerance* doesn't necessarily imply subordination to one's qualities but means treating as equal.

Mahandas Gandhi, a historical icon of the late 1800's early 1900's is one example of a person that exemplifies the character trait respect. Throughout his life Ghandi peacefully and respectfully stood for his beliefs with an indispensable sense of honor: respect for all human life, which began with self respect.

*From Character is Destiny by John McCain and Mark Salter*



### 4-H Activity



#### Role Play Charades of Being Respectful

1. As a group, write ideas on chart paper of respectful and non-respectful behaviors (holding door open, picking up garbage off the floor or not holding the door and throwing garbage on the floor)
2. Have members get into small groups and choose one of the ideas from the chart to act out in front of the group.
3. Have the group guess which scenario they are acting out and debrief by discussing why the behavior was respectful or disrespectful. Ask members why it is important to be respectful. How do they feel when someone disrespects them?

#### Clover Connection

**Head** - Choose your language carefully when speaking to people, keeping it age appropriate

**Heart** - Respect others who have different cultures, religions and ideals than you.

**Hands** – Demonstrate respect by using your hands to help someone (hold a door open, help unload groceries, etc).

**Health** – Respect your health by respecting the environment