



that's what we're made of

RESPECT

Treat other people the way you want to be treated.

What is respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

- ◇ Tell the truth
- ◇ 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.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."

Dave Willis

Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- ◆ You feel a sneeze coming, so you
 - a) look for someone to sneeze on
 - b) cover your mouth and nose with your hands
 - c) turn your head away

from people and let the sneeze out as loudly as possible.

- ◆ Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You
 - a) point at it and start laughing as loud as you can,
 - b) ask if anyone can tell which of your mom's teeth is not like the other,
 - c) quietly whisper in your

mom's ear that she should check her teeth in the bathroom.

Once your 4-Her's understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say,

"Check for respect."

Clover Connection

Head - think before you say something or before you act.

Heart - treat others the way you would want to be treated.

Hands - manners matter...use them.

Health - be respectful of your body and take care of yourself.