



RESPECT

WEEK 1: RESPECT OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

OPENING DISCUSSION:

“Tell me what your definition of respect is? (Ask two students to describe in their own words what respect means) Explain that respect means to recognize the worth, quality, importance, or magnitude of someone or something. When you have respect for others, you are showing them that you care about their feelings. You are also showing them that you appreciate them and value your relationship. Showing respect also means that you understand the importance of everyone and everything.”

Let’s try a quick quiz to see just how respectful you are!

What would you do?

- You are hanging out with some popular kids and they start talking badly about one of your other friends. They look at you for a bad comment too. What would you do?
- You are walking in your neighborhood with your friends and one of them throws a rock and breaks the window or a neighborhood car. What would you do?
- Your friend is wearing an outfit that, to you, looks hideous. You remember last week that the same friend was picking on you in front of everyone about the shirt you were wearing. What would you do?

FINISHING THE MAT CHAT:

“This week I want you to show respect toward everyone. Don’t get involved in gossiping and do not insult others no matter what. If you practice treating others the way you want to be treated, you will notice that more people will respect you back.”