

Self Respect

Syllables
self re•spect

Pronunciation
self ri-spekt

Definition

Having belief in one's own worth.

(Percy exhibited **self-respect** when he refused to use inappropriate language.)

Simply put: holding yourself to a high standard

Related Terms

Self-worth.

Fundamental Question:

Who's in control of you?

Students will investigate the idea that self-respect can be contagious.

Objectives

Each student will:

1. Define respect and self-respect.
2. Consider how self-respect develops or is diminished.
3. Think about how self-respect helps us make good choices.
4. Determine ways to improve his or her own self-respect and the self-respect of others.

Before you begin

- Gather the following items: 12-ounce Styrofoam or paper cups (one per child); colorful markers; 11 ounces of water for each cup; tapestry needles, wooden skewers, nut picks, thin knitting needles, or other instruments capable of poking small holes in the cups; plastic dish-washing tubs or similar size plastic containers (one for every two or three children).
- Get a copy of *How Full Is Your Bucket? for Kids* by Tom Rath and Mary Reckmeyer (Gallup Press, 2009) (optional).
- Print out a copy of *Mirror, Mirror on the Wall* for each student.

Suggested Sidebars:

Speaking of Self Respect (Discussion Idea)

1. Think about someone you truly respect. What do you think it is about that person that makes them deserving of your respect? Do you share any of those characteristics or traits? How do they impact or influence the respect that you have for yourself?
2. It's a two-way street! Self-respect helps you make good choices and, at the same time, making good choices increases your self-respect. What are some things that can make you respect yourself? (e.g., Say "no" to negative pressures.)

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Taking It to the Next Level

Sometimes, “little things,” like really listening to someone and finding value in his or her ideas and words, can boost that person’s self-respect. Today, do something to show someone that (s)he is valuable.

Procedure

1. As the children watch, place an empty dishwashing tub in front of you on a table. Hold a 12-ounce cup in one hand and, with a marker, draw a portrait of your own face as a young child on the empty cup. Say, “This is me when I was a child.” Fill the cup with water. As you do so say, “When I was born, I was full of the potential to develop self-respect. When I was three, I started preschool. One day, the teacher scolded me in front of the other children.” Pick up one of the hole-pokers and make a small hole about an inch from the bottom of the cup, just enough to allow the water to drip slowly into the dish pan. Continue by saying, “When I was five, I went to kindergarten. One of the kids called me ‘freak’.” Poke a second hole in another area of the cup. Ask, “What is beginning to happen to my potential for self-respect?”
2. Distribute the cups and markers to the children. Have them draw their baby self-portraits on their cups. Distribute the empty dishwashing tubs and fill the cups with water. Before passing out the hole-pokers, remind the children not to use them until you give further directions.
3. Say, “Hold your ‘self’ cup over the plastic tub. I am going to ask a series of questions. Answer the questions in your head. If the answer is “no,” do nothing. If the answer is ‘yes,’ poke a tiny hole in your cup.” Ask (for example):
 - Has anyone ever said something negative about your intelligence, like “You’re so stupid”?
 - Has anyone ever said something negative about your body, like “You’re so fat/skinny or you’re ugly”?
 - Has anyone ever made you feel unworthy of their friendship, like inviting everyone but you to his or her party?
 - Have you ever done something bad in hopes of fitting in with other kids?

Add other questions of your choice. (Alternatively, invite the group to brainstorm a list of things they do or say to themselves – like that they aren’t good enough, smart enough, or brave enough to following their dreams – that can poke holes in their self-respect.)

4. Say, “Positive beliefs make us feel good about ourselves. Negative beliefs make us feel bad about ourselves. What happens to your potential for self-respect when you believe the negative things that other people say? Look at your cup. Suppose you had some new, positive beliefs to add. Would it be easier to add them to a cup with few holes or many holes? Explain your answer.
5. **Follow Up:** Share the book *How Full Is Your Bucket? for Kids* by Tom Rath and Mary Reckmeyer (Gallup Press, 2009). Then, distribute the *Mirror, Mirror on the Wall* sheets and review the directions with your students.

Name _____

Reminder: Self-respect means having belief in one's own worth.

Mirror, Mirror on the Wall

The things you believe about yourself are reflected in your self-respect. Make a list of at least five positive beliefs you have about yourself and write them on this reflective mirror.



Today's thought: *Everyone in society should be a role model, not only for their own self-respect, but for respect from others.* — **Barry Bonds, Major League Baseball Player**