

# Respect

Respect means being thoughtful, courteous, and showing care and regard for yourself, other people and property.

When you show yourself respect it is called self-respect. Self-respect is what allows a person to act in positive ways and to stand up to harmful or hurtful actions or circumstances.

Respect people's rights to be different. We look, act, and react differently. Some of us come from different cultures. Some of us are able to do things other people can't. It is important to treat each other respectfully despite our differences, because we all have similar needs and feelings.

Respect is to treat others like you want to be treated; be thoughtful of the feelings of others; accept those who are different from yourself; be fair; be polite to others; be patient with others when they make mistakes.

Knowing something gives us a certain power, but it is taking action on that knowledge that turns us into truly powerful people. Showing respect for others is one of those life skills where it is not the knowledge of what to do, but the actions we take that makes the idea of respect turn into something real and valuable.