



March Character Trait

Respect

Verse of the Month

Matthew 7:12 (NLT) “Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.”

Respect: To consider worthy of high regard. A feeling or understanding that someone or something is important, good, valuable, serious, etc., and should be treated in an appropriate way.

“If you judge people, you have no time to love them.”
-Mother Teresa



Respect is hard to describe, but easy to recognize. When we take down any walls or barriers to communication and show someone respect, especially someone who hasn't earned it or doesn't necessarily deserve it, it changes the nature of the conversation. It has an effect on how the other person sees you and treats you in return.

Treating someone with respect and expecting respect in return changes how the other person views themselves and how they view you. Children and teens who have been treated with respect by their parents and teachers, grow up to be respectful adults. The reverse is also true. Children and teens who have never seen respect in action will have a difficult time treating others with respect. They will not see the benefits of respecting others or themselves. One way to break down the barriers they put up is to have a conversation with your teen about challenges they have faced. Ask questions and let them take the lead in the discussion.

Ask them about people they respect, and why they respect them. Ask them about what respect looks like to them. This will give you clues about what they value and how to encourage them to show and expect respect from others. When we really take the time to listen to what they have to say, it conveys the message that we believe they are worthy of respect.



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Resources

This article talks about some of the reasons teens may have difficulty with respect. It also discusses why giving and getting respect is important.

<https://www.psychologytoday.com/us/blog/life-as-a-negotiation/202206/r-e-s-p-e-c-t>

Why you should treat others with respect

<https://www.psychologytoday.com/us/blog/understand-other-people/201802/earning-respect>

<https://youthvillages.org/5-ways-to-teach-your-teens-healthy-boundaries/>

<https://www.positiveparentingsolutions.com/parenting/teaching-kids-respect>

<https://www.kongacademy.org/how-to-teach-respect-to-kids-leading-by-example/>

<https://legacycultures.com/examples-of-showing-respect-to-others-and-its-importance-in-life/>

Mentor Activities

- ☐ Take them to an ethnic restaurant to experience another culture's food. (Check it out first, so they have a good experience.)
 - ☐ Read and talk about "The Blind Man and the Elephant" by John Godfrey Saxe
<https://allpoetry.com/The-Blind-Man-And-The-Elephant>
 - ☐ Do community service with your teen and let them see that it is important to you to give back to your community. Talk about who you are serving and why.
 - ☐ This article has some ideas about healthy boundaries that you can work on with your teen.
 - ☐ This is a preschool song that can start a conversation about healthy boundaries and what that looks like.
https://youtu.be/aSFvJbSQdA4?si=avm_xf2loS-mC7uh
 - ☐ Find somewhere to people watch and ask "What's their story?"
 - ☐ Find a local museum or historical marker to visit with your teen. Discuss what their lives might have been like.
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