

## RESPECT - HOW TO TEACH IT AND HOW TO SHOW IT by Steve McChesney

"One of the most important things you can teach your child is respect. Keep in mind that respect is not the same as obedience. Children might obey because they are afraid. If they respect you, they will obey because they know you want what's best for them. The best way to teach respect is to show respect. When a child experiences respect, they know what it feels like and begin to understand how important it is.

Keep in mind the saying, 'Do unto others as you would have them do unto you.' Respect is an attitude. Being respectful helps a child succeed in life. If children don't have respect for peers, authority, or themselves, it's almost impossible for them to succeed.

A respectful child takes care of belongings and responsibilities, and a respectful child gets along with peers. Schools teach children about respect, but parents have the most influence on how respectful children become. Until children show respect at home it's unlikely they will show it anywhere else.

How can you show respect to your child?

- Be honest - If you do something wrong, admit it and apologize.
- Be positive - Don't embarrass, insult or make fun of your child. Compliment them.
- Be trusting - Let your child make choices and take responsibility.
- Be fair - Listen to your child's side of the story before reaching a conclusion.
- Be polite - Use 'please' and 'thank you'.
- Be reliable - Keep promises. Show your child that you mean what you say.
- Be a good listener - Give your child your full attention.

Children learn from everything we say and do. Make sure that you are modeling respectful behavior. Some of the things you can do are:

Obey laws - follow rules

- Be caring - Show concern for people, animals and the environment
- Avoid poor role models - When you see examples of disrespect, discuss them
- When you set rules at home, explain to your child why the rule is important.
- Teach your child to respect themselves. Self-respect is one of the most important forms of respect. Once we respect ourselves, it is easier to respect others.
- Build their independence. Give them responsibilities as soon as they can handle them.
- Help them set and achieve goals. Their self-respect will skyrocket when they see themselves achieving those goals.
- Encourage honesty. Let your child know that they may be able to fool some people, but they can't fool themselves. There is no pride in stealing, cheating or lying.
- Most importantly, show love. Say 'I love you' often and give plenty of hugs.

## STRATEGIES TO HELP YOUR CHILDREN DEVELOP GOOD CHARACTER

- 1. *Model good character in the house.*** It is critically important that those who are **attempting to influence children's character in positive ways "walk the talk."**
- 2. *Be clear about your values.*** Tell your children where you stand on important issues. Good character is both taught and caught. If we want children to internalize the virtues that we value, we need to teach them what we believe and why.
- 3. *Show respect for your spouse, your children, and other family members.*** Parents who honor each other, who share family responsibilities, and who resolve their differences in peaceful ways communicate a powerful message about respect. If children experience respect firsthand within the family, they are more likely to be respectful of others.
- 4. *Model and teach your children good manners.*** Insist that all family members use good manners in the home.
- 5. *Have family meals together without television as often as possible.*** Mealtime is an excellent time for parents to talk with and listen to their children and to strengthen family ties.
- 6. *Plan as many family activities as possible.*** Involve your children in the planning. Family activities that seem quite ordinary at the moment are often viewed in retrospect as very special and memorable bits of family history.
- 7. *Plan family service projects.*** At the heart of good character is a sense of caring and concern for others.
- 8. *Refuse to cover for your children or make excuses for their inappropriate behavior.*** Shielding children and youth from the logical consequences for their actions fails to teach them personal responsibility.
- 9. *Set clear expectations for your children and hold them accountable for their actions.*** Defining reasonable limits and enforcing them appropriately establishes the parents as the moral leaders in the home and provides a sense of security to children and youth. It also lets them know that you care enough about them to want them to be - or to become - people of good character.
- 10. *Remember that you are the adult.*** Children don't need another buddy, but they desperately need a parent who cares enough to set and enforce appropriate limits for their behavior.



F.Y.I.

We have been experiencing a great deal of problems with the behavior of the youth in the program while they are in the main office awaiting appointments. We are in the process of developing a contract for all youth that will outline behavioral expectations while they are in the office. CBTS administration would greatly appreciate the assistance of proctors in reinforcing the expectations with their youth.

THE CENTER FOR NONVIOLENT EDUCATION AND PARENTING &  
SOUTH VALLEY SANCTUARY

INVITES YOU TO ATTEND A DAYLONG CONFERENCE ON  
*TEACHING NONVIOLENT PARENTING TO  
FAMILIES WHO HAVE KNOWN VIOLENCE*

Monday, August 24, 2009

5709 South 1500 West

8:30 A.M. REGISTRATION

9:00 A.M. - 4:00 P.M. CONFERENCE

This is a FREE CONFERENCE. LUNCH will be provided.  
PLEASE BRING YOUR OWN DRINK FOR LUNCH.

Topics include:

- ◆ LEARN TO TEACH THE PRACTICE OF MUTUAL RESPECT, MUTUAL UNDERSTANDING, HONEST COMMUNICATION, TRUST AND CARING
- ◆ PROVIDE HOPE AND REASSURANCE TO FAMILIES IN DISTRESS
- ◆ NURTURE THE MOTHER'S ABILITY TO BE COMPASSIONATE TOWARDS THEMSELVES WHILE CARING FOR AND GUIDING THEIR CHILDREN FROM TRAUMA TO HEALING

REGISTRATION IS REQUIRED AND SPACE IS LIMITED.

TO REGISTER, EMAIL HEATHER MASTERTON AT  
HEATHERM@SOUTHVALLEYSANCTUARY.COM OR CALL  
801-864-6056

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## BACK-TO-SCHOOL TIPS FOR PARENTS

Getting a new school year off to a good start can influence children's attitude, confidence, and performance both socially and academically. The transition from August to September can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of anxiety, structure, and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children and the rest of the family manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude. Here are a few suggestions to help ease the transition and promote a successful school experience.

### Good physical and mental health.

Be sure your child is in good physical and mental health. Schedule doctor and dental checkups early. Your child will benefit if you can identify and begin addressing a potential issue before school starts.

### Review all of the

information. Review the material sent by the school as soon as it arrives. These packets include important information.

Mark your calendar. Make a note of important dates, especially back-to-school nights. This is especially important if you have children in more than one school.

Designate and clear a place to do homework. Older children should have the option of studying in their room or a quiet area of the house.

Re-establish the bedtime and mealtime routines. Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts. Prepare your child for this change by talking with them about the benefits of school routines in terms of not becoming over tired or overwhelmed.



Select a place to keep backpacks and lunch boxes. Designate a spot for your children to place their school belongings as well as a place to put important notices and information sent home for you to see.

Reinforce your child's ability to cope. Give your child a few strategies to manage a difficult situation on his or her own. But encourage your child to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

# P.R.S. RESPECT

"Men are  
respectable only as  
they respect."  
Ralph Waldo Emerson

"Never take a person's  
dignity, it is worth  
everything to them, and  
nothing to you."

Frank Barron

## 7 WAYS TO SHOW RESPECT

**R**each out to others and learn about their beliefs and customs.

**E**njoy the differences among people--they make life interesting.

**S**how respect for rules and laws by obeying them.

**P**ut on your best manners. Speak politely, help people.

**E**at right, learn healthy habits, and respect yourself.

**C**are about animals and the environment.

**T**reat property that belongs to you and other people carefully.

## DISCUSSION QUESTIONS

1. What does respect have to do with the quality of your character?
2. What are the benefits of people treating each other with respect?
3. How is respect related to fairness? To caring? To violence?
4. Do you consider yourself to be a respectful person? Why, or why not?
5. Do you think that people in our society are respectful enough of each other? Why?
6. What can you do to make this a more respectful world?
7. Agree or disagree: When people stay out of a bully's way, they are showing respect.
8. Is it ever okay to treat another person with disrespect? If so, when?
9. Do you have to like a person in order to be respectful?
10. What are some common signs of disrespect that you see in people?

## Are You a Respectful Person?

True	False	I treat other people the way I want to be treated.
True	False	I am considerate of other people.
True	False	I accept personal differences.
True	False	I work to solve problems without violence.
True	False	I treat people with courtesy and dignity.
True	False	I never intentionally ridicule, embarrass, or hurt others.

Watch a television program together and then discuss how the actions of the characters demonstrated either respectful or disrespectful behavior.

## FREE AUGUST ACTIVITIES

August 1, 8, 15, 22 Farmer's Market 10610 South Redwood Road  8:00 a.m. - 1:00 p.m.

August 3 WWC Cultural Center 1355 West 3100 South Jason Hewlertt - comic, impersonator  8:00 p.m.

August 7,8  Police Safety Fair Valley Fair Mall 3601 S. Constitution Blvd. 10:00 a.m. - 6:00 p.m.

August 10 WWC Cultural Center 1355 West 3100 South World Stage Concert Series - Soul  8:00 p.m.

August 11, 18, 25 Farmer's Market 1985 West 7800 South  4:00 - 8:00 p.m.

August 13  Iron Man Utah State Capitol 350 N. State Dusk


August 14 Folklore Fun & Craft Art Competition 11400 S. Bangerter Highway 4:00 p.m. 

August 15 Italian Festival 300 West 300 South  11:00 a.m. - 10:00 p.m.

August 17  WWC Cultural Center 1355 West 3100 South World Stage Concert Series - Native American 8:00 p.m.

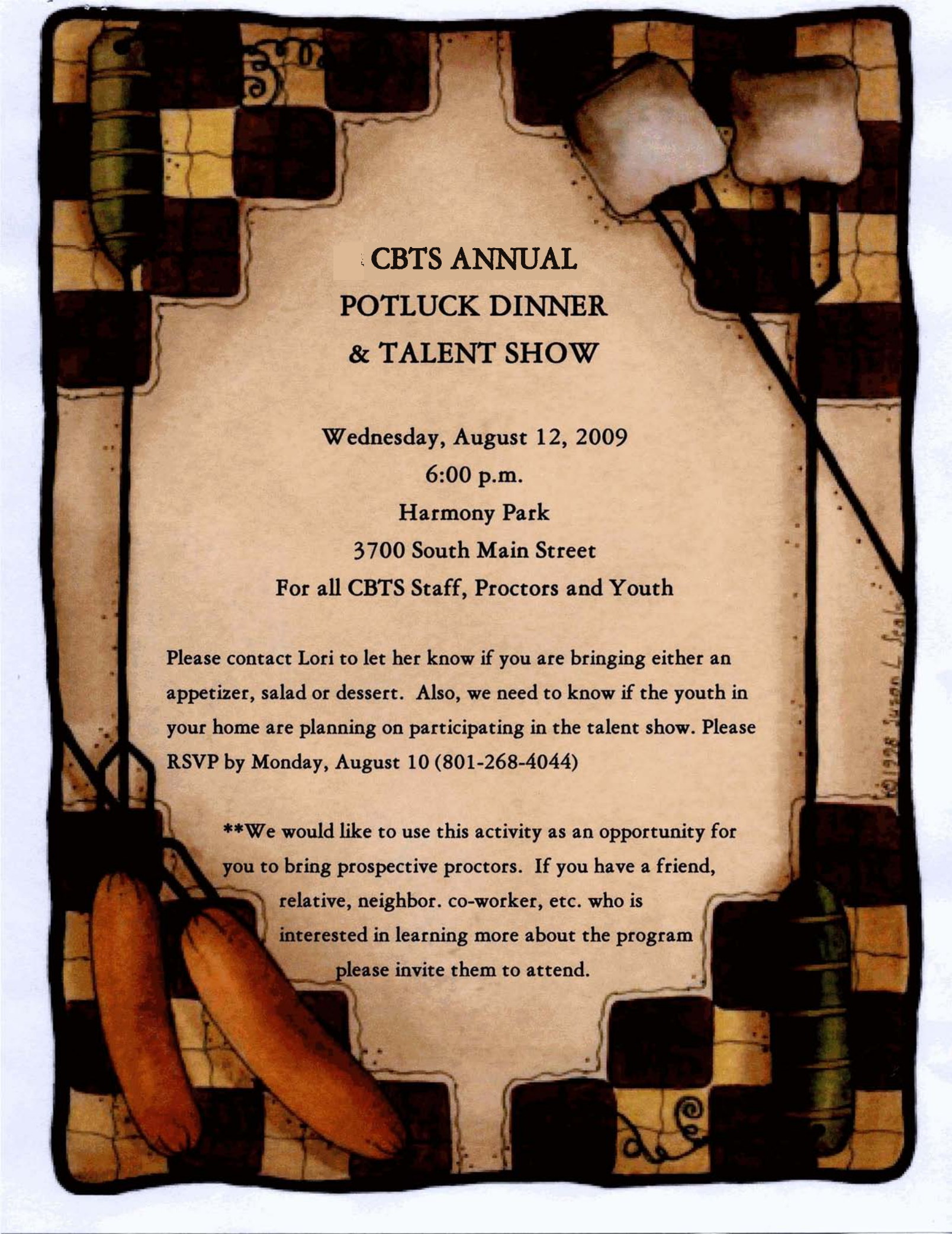
August 21 E.T. 6000 West New Bingham Highway  Dusk

August 24  WWC Cultural Center 1355 West 3100 South World Stage Concert Series - Jazz 8:00 p.m.

August 25 Terrific Tuesday 10300 S. Beckstead Lane arts & crafts, movies, games, demonstrations  7:00 p.m.

August 29 Capitol Discovery Day 350 N. State Street hands on activities, tours, music  12:00 - 10:30 p.m.

August 29 Health & Preparedness Expo 1985 West 7800 South free health screenings, demonstrations  11:00 a.m. - 3:00 p.m.



**CBTS ANNUAL  
POTLUCK DINNER  
& TALENT SHOW**

**Wednesday, August 12, 2009**

**6:00 p.m.**

**Harmony Park**

**3700 South Main Street**

**For all CBTS Staff, Proctors and Youth**

Please contact Lori to let her know if you are bringing either an appetizer, salad or dessert. Also, we need to know if the youth in your home are planning on participating in the talent show. Please RSVP by Monday, August 10 (801-268-4044)

**\*\*We would like to use this activity as an opportunity for you to bring prospective proctors. If you have a friend, relative, neighbor, co-worker, etc. who is interested in learning more about the program please invite them to attend.**