

# RESPECT

NOVEMBER 2020



## POWERFUL WORDS CHARACTER DEVELOPMENT

### PARENTS PERCH

**Young students:** "I treat you and me like we matter!"

**Older students/teens/adults:** Behaving in ways that show that we are all worthy of care, attention & consideration.

**Week 1** Respect defined: How do we speak and act towards peers and adults?

**Week 2** Respect for ourselves: How do we respect our goals, health and happiness?

**Week 3** Respect for property & surroundings: How do we care for "things?"

**Week 4** Respect for differences: How can we show respect for others who have different beliefs & cultures?

Dear Family,

This month we will focus on the powerful word, "respect."

Simply put; when we respect someone or something, we show that they are valuable and worthy of care, attention or consideration. We send the message; "you matter!"

We often talk to children about respect in terms of how we would want others to treat us and then help them to apply that concept to how we should be treating others. But respect is more nuanced than that. We don't just treat others the way we want to be treated but rather, how they deserve and need to be treated as well.

Therefore, when speaking to our children, it's important to note that respecting others does not necessarily mean that we treat them "the same." A child who has special needs might want help doing a new skill while a child without such special

needs may prefer to practice the skill independently. In this case we actually treat each child differently while showing respect for both.

We can show respect to ourselves as well. When we see ourselves as valuable and treat ourselves like we matter, we develop self-respect. Respecting ourselves provides the foundation to respect others.

An often-cited study out of Harvard's Making Caring Common Project shows a disturbing trend. About 80% of the youth said that their parents were more concerned with their achievement or happiness than whether they cared for and showed respect for others. In fact, the interviewees were 3 times more likely to agree that "My parents are prouder if I get good grades in my classes than if I'm a caring member in class and school." It's time to change this, don't you think?

In this time of Covid, respect

takes on a whole new meaning. We know that this deadly disease affects elderly people and those with underlying high-risk medical complications much more than it affects those who are young and healthy-- although scientists relay that nobody is completely immune. Using social distancing, wearing masks and staying home when you are feeling sick can help protect those who are more susceptible to contracting Covid. This is a matter of respect for your friends and those in your family and your community.

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,  
—Your Motivated and Dedicated  
Instructors

#### UPCOMING POWERFUL WORDS

DECEMBER  
JANUARY  
FEBRUARY

RESILIENCE  
EMPATHY  
SELF CONTROL