

Learning to Treat Everyone With Respect



We've all seen what can happen when people don't treat each other with respect. Teaching children how to respect other people can help create safer, healthier communities for all of us.

In recent health lessons, our class talked about ways to respect other people's feelings, property, and rights. We discussed and did role plays for several ideas. Practicing at home is an important way your child can continue learning these behaviors so they become second nature in different situations. Help your child learn to show respect to people in these and other ways:

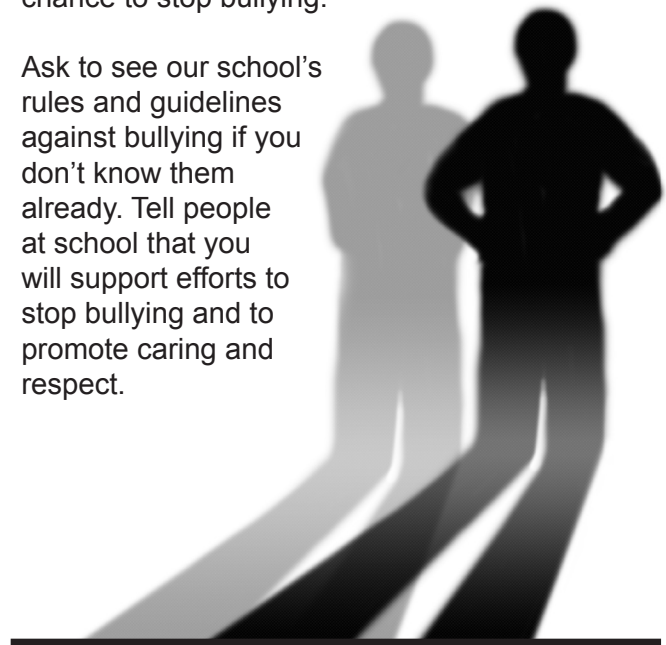
- Use good manners. Say, "please," "thank you," "I'm sorry," and "excuse me" when fitting.
- Speak kindly about other people. Don't spread rumors or gossip.
- Listen respectfully when people talk, no matter how they're feeling.
- Let other people feel the way they do. Accept their feelings, even if you don't understand why they feel that way.
- Take turns so everyone has a chance to play a game or use an item.
- Ask first if you want to borrow something. Make sure you return it later.
- Treat other people's things carefully so that they don't get damaged.
- Don't steal.
- Don't look at or read people's private notes or items.
- If people want to be alone, let them be alone. If they don't want to talk, respect their desire to be quiet.
- Don't encourage people to do things that are unsafe or harmful.
- Don't bully people or hurt them intentionally.

Many people are concerned about bullying, which can begin early in grade school. Bullying includes teasing, spreading rumors, and keeping people out of groups. Violent acts like pushing, slapping, and hitting are also bullying.

Most children do not act like bullies, and most are not targets of bullying. But most children do observe bullying. These observers may think they can't do anything to stop it. However, research shows that a group of students has a lot of power. If those students refuse to accept the bullying, the child acting like a bully loses the audience. Half the time when a child tells another child to stop acting like a bully, the bullying stops after just 10 seconds. A child does not need to talk to the person acting like a bully. He or she can tell an adult. It is the adult's job to stop it.

Observers, including adults, have the best chance to stop bullying.

Ask to see our school's rules and guidelines against bullying if you don't know them already. Tell people at school that you will support efforts to stop bullying and to promote caring and respect.



For more information:

Check out the "What Adults Can Do" page at the National Bullying Prevention Campaign website, www.stopbullyingnow.hrsa.gov. Its "Family Corner" is filled with great ideas.

Respecting Everyone Includes Respecting Ourselves!

Everyone deserves respect. It is a basic right for children and adults. When you talk with your child about respecting other people, make sure you tell him or her that self-respect is just as important.

Knowing what's special about us and what we can do well helps us build self-respect and self-confidence. Self-confidence isn't something we are born with or without. We become confident by appreciating what we do well and using our skills to be responsible. Try these activities with your family:

- Have you ever listed your special talents and skills? Not many of us have. Spend some family time making lists and talking about them.
- As you see your child using a special talent or skill, point out what you notice. Tell your child about the talents and skills he or she has!
- Find a special place in your home where you can post notes and pictures about the many things each person in your family does well.

