Think for the Future

WOW Pack

Respect

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!

0115 718 0399

www.thinkforthefuture.co.uk

contact@thinkforthefuture.co.uk

@TFTFuture

Think about it: Respect

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Is respect just given to us or does it have to be earned?

Who do you respect and why?

How do you show respect?

How do you know if someone respects you?

Respect

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Respect comes from within, you must first be able to respect and love yourself before you try and gain respect off others.

You may not always be respected but you must maintain self-respect and respect towards others even if you don’t receive it back.

Remember you are valued and you matter. Your thoughts and feelings are just as valid as everyone else's!

What is respect?

Respect to me comes in many different forms, and I believe that respect is a key mannerism that everyone should use to people of all ages, races and sexual orientation. When I was growing up my motto was “you have to give respect to earn it” I didn’t realise how wrong I was using that motto. I expected others to respect me before I respected them. I now know that no matter what you do in life, if you are respectful in every situation and to everyone you meet you’ll be respected for the way that you have respected others.

Many people are focused on getting respect from others, they don't realise that in order to get it, you have to give it!

Respect may also be given for negative reasons, it may be misplaced or given out of fear. This is what happens when people follow the crowd, and refuse to step out and speak up when they know something is not right.

When we show respect to others, we are accepting them for who they are even if we live or think differently to them.

A respected person may be someone who has admirable qualities, and we may look up to them as a role model. They would show others respect and acceptance.

Check out this video on how people have shown respect to those they don't know

Watch this

https://www.youtube.com/watch?v=nwAYpLVyeFU

Respect Top Tips

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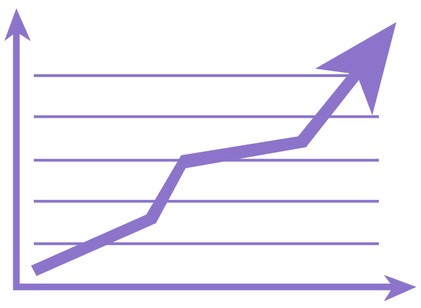
Be kind

Always be polite to everyone you meet during the day, from your family and to your co-workers, to the checkout person at the shop!

Don't forget a smile and hello can sometimes change someone's day

Be helpful

People earn respect by always being ready to lend a hand or an ear whenever they're needed or notice an opportunity to help. Look for opportunities to help that you might have previously been put aside. That might be from helping around the house, to help a member of the public.

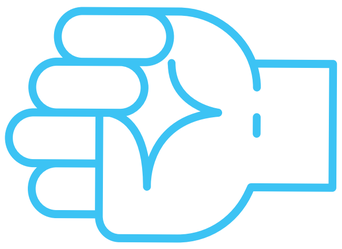


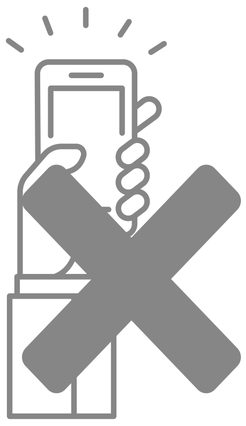
Be willing to change

Being stubborn won't get you anywhere. Make an effort to grow as a person; learn new skills, try new activities. Don't forget to congratulate yourself on progress you make along the way to becoming a better person. Take on board advice people give to you to help you develop as a person!

Don't make excuses

Your actions are based on your choices. Own your actions! If you're late, it's probably because you did not manage your time effectively. If you didn't finish a job, it's most likely that you didn't focus on the task at hand or you got caught up doing unnecessary tasks. Own up to your mistakes and instead of dwelling on them, look for opportunities to move past them and commit to doing better. People will respect you a lot more for it too.





Act Respectfully

Eliminate non-respectful behaviours such as rolling your eyes, staring at your phone, or talking over someone. Everyone deserves to be heard, even if you don't agree always with their ideas or opinions. Consider how you'd like to be treated if you have something to say, especially if there is an issue at hand.

Listen

Listening is an active process, not a passive one. Actively listen by taking your own opinions and thoughts out of your mind, and actually hear what the other person is trying to get across. Instead of telling your story, ask questions that encourage the speaker to tell you more. When you practice effective listening skills, you will make others feel important and validated.

This is a really helpful tip for those relationships you struggle with.

5 Ways to Show Respect

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1

Respecting Teachers.

At this moment in time, the world is in a strange way, life has been put on hold you could say. It's about understanding how we can respect the world for what it is at the minute. One way we can do this is respecting the teachers who are setting you work online so you can still get the best education possible. To respect your teacher to the fullest, get your work in on/before the deadline so that they can mark it and help you on points that need improving. To also give you the best chance getting the best grades for yourself.

Respecting the government guidelines.

The government has set out clear guidelines to what we can do during the Covid-19 situation , we have to respect them in every way possible.

Respect social distancing and stay 2m apart from people out of your household. Respect friends when they say they don't want to meet up because worried of catching it. Respect their wishes because it's for your and their health.

2

3

Respecting family.

It is important to show respect to those we live with, especially because we're spending so much time with them!

You need be a team in this point in time and all work together to keep the moral high. Offer to do some of the household chores, or do them without complaining when asked! Our families are our support system, and they will be the first to show us respect if we respect them.

Respecting the environment.

The current government guidance is that we can meet 6 people outside our household at a social distance of 2 metres.
When we are going to places to meet with our friends/family e.g. parks and community areas, we need to make sure that we take our own food and drinks and also pick our litter up and put it in the bin after. This is to stop the virus spreading and help keep the environment clean. which is also helping respect animals habitats.

4

5

Respecting yourself.

Having self-respect, helps others to see and treat you with dignity and worth. Often the backbone of self-respect is knowing your values and living by them. Having self-respect often means that you need to stand by your character and be willing to defend your values and actions. Ways to develop self respect is to reflect on yourself a lot, e.g. your actions, your ways of treating other people. Also thinking about your future having goals for yourself is a great way of gaining self respect!

Join the Conversation: Respect

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Check out TFTF mentors Nathan, Jahren and Hallam talk in our podcast!

https://www.youtube.com/watch?v=LGcz5FV2pbI

Join in the chat and let us know what you thought on our social media

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Where else to look...

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