

SASO MIDDLE SCHOOL CHARACTER EDUCATION LESSON

TOPIC: RESPECT & SELF-RESPECT

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Note to Teacher: This lesson encompasses two of the Six Pillars of Character: Responsibility and Fairness. Specifically, it focuses on the Golden Rule, valuing and honoring all people, respecting others' property, courtesy, and treating people equally. It offers the teacher guidelines to follow after students have viewed the DVD of Mike Dent (*Volume I. Respect*) and the SASO VIDEO (*Character. Own it.*) which features Terrell Chestnut (Self-Respect).

Discussion questions, scenarios, and suggestions for writing and speaking assignments have been designed to develop student critical thinking, reflection, interaction, and creativity. They are interchangeable and should be determined by the teacher.

With regard to discussion questions and scenarios, teachers may pose questions to students individually or to small groups. With regard to the latter, a spokesperson for each group should be selected to summarize discussion to the rest of the class.

Discussion Questions:

1. What is self-respect?
2. Do you have self-respect? How do you know?
3. What is respect for others?
4. Discuss the importance of respect and self-respect.
5. Why do some people have little or no self-respect?
6. What can you do to build your self-respect?
7. Do you show respect to the following people: your parents, teachers, siblings, principal, relatives, friends, parents of friends, classmates, peers?
8. Have you ever bullied someone? If you have, explain what happened and how it made you feel.
9. Have you ever been bullied? If you have, explain what happened and how it made you feel.
10. Have you ever witnessed someone being bullied? If you have, explain what happened and how it made you feel.

11. What suggestions do you have to solve the problem of bullying in school?

Scenarios: What would you do?

1. One of the older kids in school constantly picks on the younger ones. Sometimes he takes their belongings or damages them. You have witnessed this several times. What would you do?
2. A very popular girl gossips about other girls in her class and spreads very bad rumors about them. She has told you some of the stories. What would you do?
3. One of the students in your class is a stutterer. He has a difficult time getting words out and repeats the first sound in words. For example, he says “b-b-b-b-baseball.” One of the guys in class imitates him and makes fun of him every time he speaks. What would you do?
4. A bully in your class has spread rumors and lies about you to other classmates and friends. What would you do?

Writing/Speaking Assignments: Students either may write a paper or give an oral presentation about the topic (length and guidelines to be determined by the teacher).

1. Define self-respect in your own words and give examples to explain your definition.
2. Define respect in your own words and give examples to explain your definition.
3. Interview your family members and/or friends and ask them to define self-respect and why they think they have it. Ask them to discuss why they think YOU have it.
4. Interview your family members and/or friends and ask them to define respect and why they think they demonstrate it. Ask them to discuss why they think YOU demonstrate it.
5. Discuss why self-respect is important and how it is related to respect.
6. Define bullying in your own words and give examples to explain your definition.
7. Describe someone you know (or know of) who is a bully.
8. Describe someone you know (or know of) who has been bullied
9. Describe how you feel when you see someone being bullied.
10. Describe what you think your school should do about bullying.
11. Discuss whether or not bullies have self-respect.
12. Is the lack of respect or self-respect associated with cyberbullying? Why or why not?

13. What is humility and how it is related to self-respect and/or respect?
14. Discuss why self-respect and respect are important in our society today.
15. Write a nonfiction or fiction story about self-respect and/or respect.
16. Write a poem or song about self-respect and/or respect.
17. Select one of the quotes about self-respect below and explain what it means. Or, find a quotation about courage and explain what it means. Identify the author of the quote and describe who that individual is (e.g., Abraham Lincoln, 16th President of the United States).

Quotations about Self-Respect

1. Self-respect is a question of recognizing that anything worth having has a price. (Joan Didion)
2. The worst loneliness is to not be comfortable with yourself. (Mark Twain)
3. Whatever games are played with us, we must play no games with ourselves. (Ralph Waldo Emerson)
4. True humility is intelligent self-respect which keeps us from thinking too highly or too meanly of ourselves. It makes us modest by reminding us how far we have come short of what we can be. (Ralph W. Sockman)
5. I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence. (Frederick Douglass)
6. They cannot take away our self-respect if we do not give it to them. (Mahatma Gandhi)
7. No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect. (George Bernard Shaw)
8. Self-respect is the cornerstone of all virtue. (John Herschel)
9. Respect for ourselves guides our morals; respect for others guides our manners. (Laurence Sterne)
10. Respect yourself and others will respect you. (Confucius)
11. If we lose love and self respect for each other, this is how we finally die. (Maya Angelou)
12. Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power. (Clint Eastwood)
13. Self-respect is the cornerstone of all virtue.” (John Herschel)
14. If one doesn't respect oneself one can have neither love nor respect for others. (Ayn Rand)

15. Self-respect permeates every aspect of your life. (Joe Clark)
16. Self-respect can be an extension of your ego or a priceless virtue. (Anonymous)
17. Respect yourself and others will respect you. (Confucius)
18. Self-respect knows no considerations. (Mahatma Gandhi)

Quotations about Respect

1. Probably no greater honor can come to any man than the respect of his colleagues. (Cary Grant)
2. Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves. (U. Thant)
3. We confide in our strength, without boasting of it; we respect that of others, without fearing it. (Thomas Jefferson)
4. Self-respect is the cornerstone of all virtue. (Sir John Herschel)
5. Men are respectable only as they respect. (Ralph Waldo Emerson)
6. If you have some respect for people as they are, you can be more effective in helping them to become better than they are. (John Gardner)
7. When men and women are able to respect and accept their differences then love has a chance to blossom. (John Gray)
8. I must respect the opinions of others even if I disagree with them. (Herbert Henry Lehman)
9. Every human being, of whatever origin, of whatever station, deserves respect. We must each respect others even as we respect ourselves. (Ralph Waldo Emerson)
10. Never look down on anybody unless you're helping him up. (Jesse Jackson)
11. Treat others as you want them to treat you because what goes around comes around. (Anonymous)
12. The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity. (Benjamin Franklin)
13. In the end we are all separate: our stories, no matter how similar, come to a fork and diverge. We are drawn to each other because of our similarities, but it is our differences we must learn to respect. (Anonymous)
14. I'm not concerned with your liking or disliking me . . . All I ask is that you respect me as a human being. (Jackie Robinson)

15. Respect is what we owe; love, what we give. (Philip James Bailey)
16. Respect is love in plain clothes. (Frankie Byrne)
17. Nothing is more despicable than respect based on fear. (Albert Camus)
18. He removes the greatest ornament of friendship, who takes away from it respect. (Cicero)
19. The secret of education is respecting the pupil. (Ralph Waldo Emerson)
20. Men are respectable only as they respect. (Ralph Waldo Emerson)