

Respect & Relationships

Relationships, Module 4

AGENDA



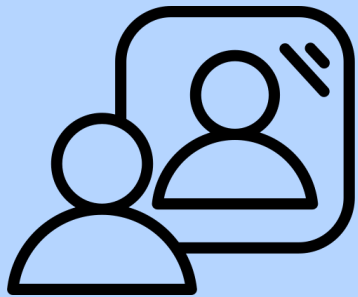
1. Brainstorm: Have you ever heard the phrase: In order to get respect, you have to give it? Do you think this is true?



2. Working with a partner, read each of the scenarios, describe the need, value, or boundary being addressed and then practice effective communication.



3. Reflect: How might you handle a situation where someone is not respecting your boundaries? Is it still important to deal with the situation in a respectful manner? Why or why not?



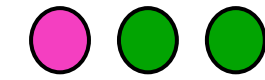
BRAINSTORM



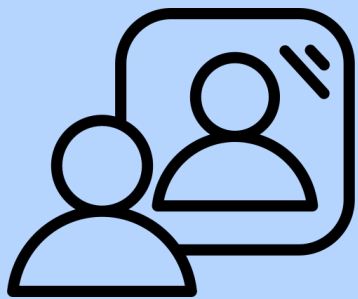
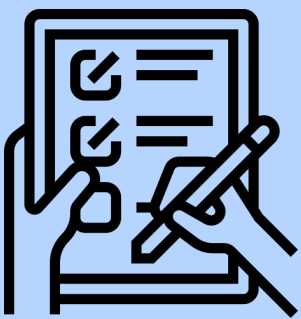
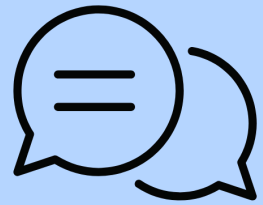
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Do you think this is true?

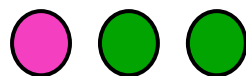
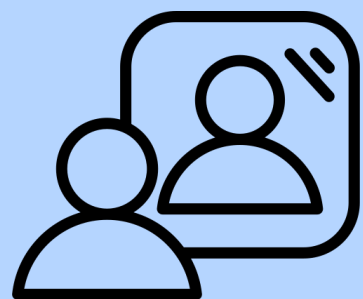
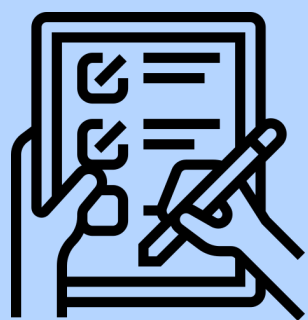


DISCUSS



What does respect mean to you? Why is it important?





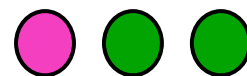
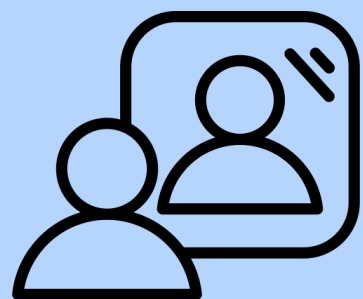
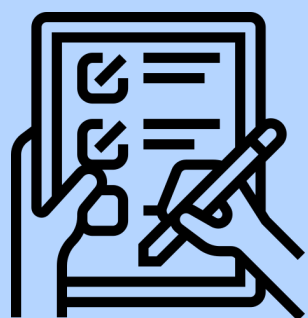
DIVE IN



Respect means showing admiration and honor to someone or something important. The ways we show respect can vary by age, culture, and other factors.

Boundaries are rules and limits for how we expect others to treat us.

You are important and worthy of respect.



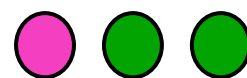
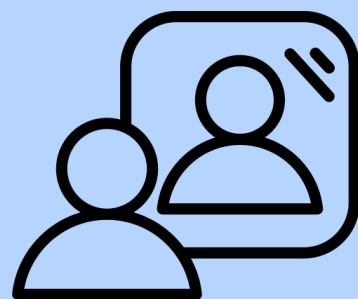
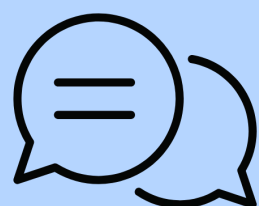
DIVE IN



**Define your
needs/values**



Example: space and alone
time vs people time, a strict
schedule vs a flexible
schedule. Make decisions
that honor those values and
ourselves.



DIVE IN

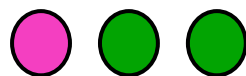


Setting healthy boundaries with others



Example: you may set boundaries with friends about how late they can call or text you at night or if you prefer romantic partners to avoid PDA (public displays of affection). Friends and romantic partners can show you respect by not crossing your boundaries. You can also show your respect for others by paying attention to their boundaries and expectations.






ACTIVITY



Working with a partner, read each of the scenarios, describe the need, value, or boundary being addressed and then practice effective communication.

 **High School**

Worksheet

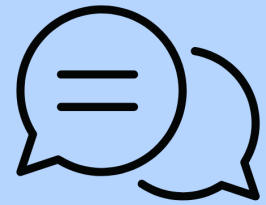
Name: _____ Date: _____

Respect & Relationships

Read each of the following scenarios. Describe the need, value, or boundary being addressed and then practice effective communication with your partner.

Scenario	Effective Communication
You were out sick for a few days and returned to a pop quiz in biology.	
Your one year anniversary is coming up and your partner hints that they are planning a romantic evening.	
A friend gets mad when you don't hang out with them all the time.	
Your partner takes your phone to check your text messages and asks for your social media passwords.	
Your parents expect you to watch a sibling when you already have plans with your friends.	
Someone called out sick at work and you are expected to cover the shift with no notice.	

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REFLECT



How might you handle a situation where someone is not respecting your boundaries? Is it still important to deal with the situation in a respectful manner? Why or why not?



Extend & Enrich

LoveisRespect.org has resources to help teens navigate romantic relationships. They also have an Educator's Toolkit with discussion guides for encouraging healthy relationships and recognizing healthy ones and a relationship bill of rights. They can be accessed at no charge at:

www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf.



Home Connection



High School

Home Connection

Respect & Relationships

Dear _____,

Today in class we learned that **respect** is showing admiration and honor to someone or something important. The ways we show respect can vary by age, culture and other factors. We also learned that **boundaries** are rules and limits for how we expect others to treat us. We discussed ways that we can treat ourselves with respect by defining our needs/values and setting healthy boundaries with others.

Please encourage your student to practice setting healthy boundaries and at home and report back on how it went.

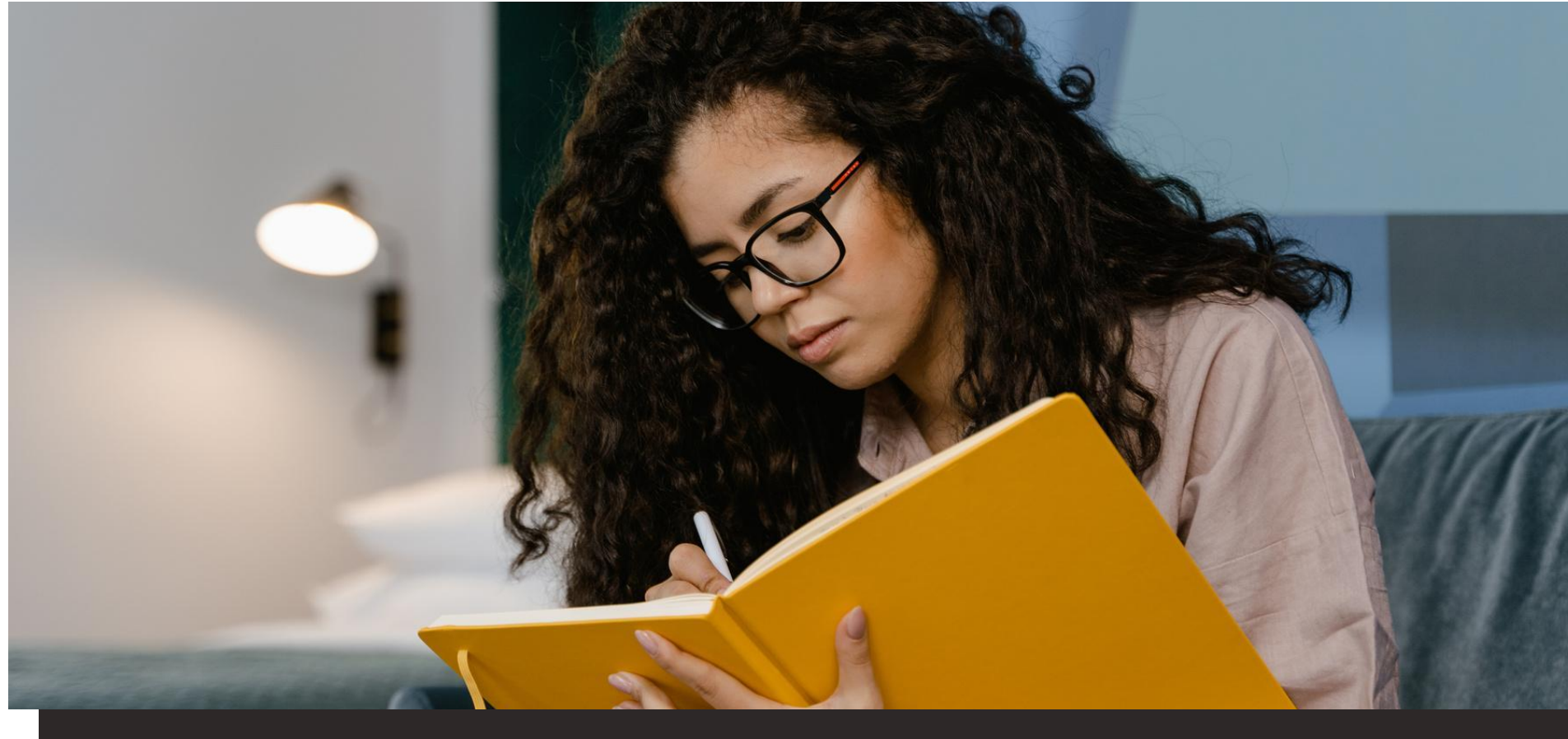
Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: A popular saying is that when we give respect, we get it in return. In what ways do you model giving respect in your classroom? Do you get it as a result?





Further Study

- Developmental Science, *Teens Might Have a Problem With Respect, but it's not the one you Think*:
www.developmentalscience.com/blog/2017/11/29/teenagers-might-have-a-problem-with-respect-but-its-not-the-one-you-think
- KidsHelpline, *Respectful Relationships*:
kidshelpline.com.au/highschoolhq/sessions/respectful-relationships
- Psychology Today, *The Language of Respect*:
www.psychologytoday.com/us/blog/the-moment-youth/201402/the-language-respect





Lesson Complete!

