



## Respect & Relationships

### Materials:

- Worksheet

### Brainstorm

Have you ever heard the phrase: In order to get respect, you have to give it? Do you think this is true? Accept student responses and confirm or ask clarifying questions as needed.

### Discuss

Continue to engage students in a discussion on the topic by asking: What does respect mean to you? Why is it important? Continue the discussion as long as it remains on topic and relevant.

### Dive in!

As many of you have hinted, **respect** means showing admiration and honor to someone or something important. The ways we show respect can vary by age, culture, and other factors. When we are shown respect, it makes us feel important and valued, and we often want to show respect in return. It's also important to treat ourselves with respect so that we understand how

we should be treated by others. You are important and worthy of respect. There are some simple ways that we can treat ourselves with respect, and you may already be doing many of them. First, you need to understand what your needs are. Everyone's a little different, and what one person needs may differ from another person. For example, some people need space and alone time, others need connection and to be around other people. Some people need to stick to a strict schedule, others need more flexibility. Another way you can treat yourself with respect is by knowing what is important to you and what you believe in. As you may recall from earlier lessons, these are called values. When we know what our values are, we can make decisions that honor those values and ourselves. We can also treat ourselves with respect by setting healthy boundaries with others. **Boundaries** are rules and limits for how we expect others to treat us and holding others accountable for following those rules. For 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.



## High School

### Activity

Distribute a copy of the worksheet to students and have students work as pairs. Explain: As you get older and begin to navigate more complex relationships, one of the most important skills you'll need is to be able to communicate effectively. In all respectful relationships, you should be able to communicate your needs, your values, and your boundaries. This can feel uncomfortable, but remember that you are important and worthy of respect. Today we are going to practice some ways to communicate our needs, values, and boundaries. Complete the first scenario together and then have students work in pairs to complete the remaining scenarios. When done, call on volunteers to share their responses.

### Reflect

To wrap up the lesson, ask students to respond to the prompt at the bottom of the worksheet: 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 and Enrich

[LoveisRespect.org](http://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](http://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf).

### For 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](http://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/highschoolng/sessions/respectful-relationships](http://kidshelpline.com.au/highschoolng/sessions/respectful-relationships)
- Psychology Today, *The Language of Respect*:  
[www.psychologytoday.com/us/blog/the-moment-youth/201402/the-language-respect](http://www.psychologytoday.com/us/blog/the-moment-youth/201402/the-language-respect)

### Professional Development

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?