

Fearless Class Card

What is respect?


Being respectful means you act or speak in a way that shows you care about how you are affecting other people, places and things.

Write or type an example of how you could show respect for people, places, and things.

**Respect for
People**



**Respect for
Places**



**Respect for
Things**



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Reflective Exercise: Engaging in Respectful and Responsive

Think about a friend that you care for and the interactions you have with him or her.

1. How do you show respect for her or him? In what ways are you responsive?
2. Describe how you are warm and caring.
3. Describe how you are sensitive to the needs of your friend as an individual.
4. Describe how you are available when your friend is needed.
5. Describe how you are supportive and encouraging.
6. Describe how you are responsive to your friends' efforts to communicate with you.

Think about the last time you interacted with a family member of your friend.

1. How did you show respect for her or him?
2. In what ways were you responsive?

As you think about the same family member(s), ask yourself the following:

1. Were there missed opportunities to have respectful and responsive interactions? How did you know? What got in the way?
2. What would you do differently next time?
3. What type of support do you need from your family members?

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What does respect mean to you?

Give examples of levels of respect:

Intake - Self-Profile

How can you respect yourself?

How can you respect your friends and family members?
