This week we begin with our first kindness concept: Respect. We will be discussing what respect is, how we demonstrate it, and how we can maintain respect for ourselves and others even in challenging situations.

**Weekly Objectives**

Students will:
1. Create a personalized definition of respect both on an individual and interpersonal level.
2. Examine their community through a lens of respect.

**Resources / Materials**

- **WEBSITE:** All About Respect
- **VIDEO:** The Illusion of Rudeness - The Myth of Respect
- **ARTICLE:** "An Opinion on Respecting Opinions"
- **ARTICLE:** Stay Right When You’re Wronged

**Share**

**Discussion Starters:**
- What does respect mean to you?
- How does the school as a whole communicate messages of respect, to teachers, to students, and to the local community?
- Review the RAK definition of Respect.

**Inspire**

Watch the following video about responding: The Illusion of Rudeness - The Myth of Respect - 8:03 [comprehension level: easy/moderate]

**Connection Questions for Video:**
- What was the main idea that you took away from this video and why?
- Do you tend to see people as rude if they ignore a good deed that you did for them? Explain.
- Why do we tend to expect a reward for doing the right thing?
- What do you think would happen if we simply showed kindness and respect without expecting anything in return?

**Empower**

Read either as a large group, in small groups, in partners, or individually, the following student article: “An Opinion on Respecting Opinions”

**Discuss:**
- Why is it important to respect others’ opinions?
- How can you both honor your opinion and someone else’s at the same time?
- How can you both respect others and stand up against what you feel is unjust, unfair, or wrong? See: Stay Right When You’re Wronged.