**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***What is Respect?***

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| **Objective:** To define respect and identify what respect looks like in different scenarios. |

1. How do you define respect?

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1. Respect can mean many different things to many different people, but a common definition is:

*Demonstrating high regard for someone or something; treating yourself and others in a way that shows concern and support.*

How does this definition compare to yours?

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***What is Respect?* (Cont’d)**

1. Below, jot some ideas about how you might show respect in each specific situation. Try to be as specific as possible.

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| **Respecting a specific person (perhaps a family member, a peer, a teacher)** | **Showing respect to a school community** | **Respecting a physical space (perhaps your school building or home)** |
|  |  |  |
|  |  |  |

1. With direction from your teacher, dean, or other school leader, share your ideas with a partner or group. Add at least one idea from a peer in each category.

***What is Respect?* (Cont’d)**

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| *From the article: The neuroscience of respect: insights from cross-cultural perspectives*[[1]](#footnote-1)  As respect motivates people to validate and acknowledge the feelings of others, it has a crucial role in human relationships, one facet of which is empathy, the ability to feel and comprehend the experiences of others (Decety and Jackson, [2004](https://pmc.ncbi.nlm.nih.gov/articles/PMC10766356/#B9)). The association between respect and empathy is likely **bidirectional**; when individuals respect others, they are more likely to feel empathy for them, and when they feel respected, they may express their emotions more openly and honestly and **elicit** greater empathy. Feelings of mutual respect, therefore, can lead to better emotional connection and understanding between individuals (Li and Fischer, [2007](https://pmc.ncbi.nlm.nih.gov/articles/PMC10766356/#B33)).  **bidirectional**: works in two (usually opposite) directions  **elicit**: bring out or draw forth from something |

1. A group of women holding food

   Description automatically generatedConsider the last statement in this reading – “Feelings of mutual respect, therefore, can lead to better emotional connection and understanding between individuals.”
   1. Explain a situation in which this is true. You can think about a personal experience or a situation from history, current events, etc.

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* 1. Think about a situation where mutual respect is lacking. How did/does it show a corresponding lack of empathy as well?

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**Stamp Your Learning for *What is Respect?***

1. Here's 'The Golden Rule' that we teach young children— **treat others as you want to be treated**.
   1. We might think of it as simplistic, but how does it reflect the definition of respect?

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* 1. How does the Golden Rule support the connection between respect and empathy? Why might adults do well to remember this teaching from their childhood?

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1. Khalaila, Rabia, et al. “The neuroscience of respect: insights from cross-cultural perspectives.” *Frontiers in Psychology* December 2023. 10.3389/fpsyg.2023.1259474 [↑](#footnote-ref-1)