

COUNSELOR'S CORNER

Character Trait: RESPECT

Respect is having positive feelings and actions toward self and others. It is described as having good manners and using appropriate language. Respect is taking someone's feelings, needs, thoughts and preferences into consideration. It is accepting the differences in others as it relates to race, culture and beliefs.

S.E.L Skill: SELF-AWARENESS

The Social-Emotional Learning Skill of Self-Awareness is the ability to be aware of one's emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, and mindsets. Not only is it important for one to recognize all of these factors, but one must also understand how these elements impact each individual's behavior and choices

FAMILY CONNECTION

Teaching Respect to Our Children

Children are like sponges and often imitate adults around them. Therefore, parents must be cognizant of their words and actions when they are in the presence of children. What they grow up seeing and hearing is a good indicator of the level of respect they will have for their family, peers, teachers and other adults around them. In order to teach respect to children, we must eliminate all the ways we model disrespect by screaming at, hitting, criticizing, shaming, embarrassing or humiliating our children. In addition, we must also model apologizing to children when we have disrespected them. "Many things have been said and done to children for so long that we aren't even aware that they are disrespectful. Yet, if these same things were said or done to us we would identify them as disrespectful." -Pam Leo, *Connection Parenting*, June 2020