



# RESPECT



## Week 5, Unit 1 (Golden Rule)

**Treat others like you want to be treated yourself.**

- Respect everyone—parents, teachers, friends, etc.
- Take good care of other people's things.
- Don't gossip or say hurtful things to or about other people.

## Week 5, Unit 2 (Golden Rule)

**Respect other people's privacy.**

- Show respect to your opponents, teammates, and teachers.
- Help someone if he or she is having trouble with a new sport, move, or technique.

## Week 6, Unit 1 (Golden Rule)

**Be helpful. Always offer to help before you are asked.**

- Try to picture yourself in another person's shoes. This means seeing things as they would see them to help you understand what they might be thinking or feeling.
- Always be friendly. It makes people feel wanted and important.

## Week 6, Unit 2 (Golden Rule)

**Respect others.**

- Show respect to others by listening to what they have to say without interrupting.
- Don't criticize others. Support them by complimenting the good things they do.

## Week 7, Unit 1 (Tolerance and Acceptance)

**Respect other people's differences.**

- Be tolerant and accepting of people who are different from you.
- Where you live, how you dress, and how much money you have should never matter.
- Listen to other people and try to understand their ideas and beliefs.

## Week 7, Unit 2 (Tolerance and Acceptance)

**Appreciate differences in others.**

- Never look down on someone unless you are helping him or her up!
- Not everyone can be a star athlete. More advanced students can and should help out those who might be new to the game.





# RESPECT



## Week 8, Unit 1 (Nonviolence)

### Don't hurt others.

- Keep your hands to yourself.
- Learn to talk about problems—never hit or use mean words.
- Don't ever say you'll hurt someone.

## Week 8, Unit 2 (Nonviolence)

### Play by the rules.

- Keep the game clean—no pushing, shoving, or rough play.
- If someone is hurt, help him or her.

## Week 9, Unit 1 (Courtesy)

### Keep your hands to yourself.

- Learn to talk about problems—never hit or use mean words.
- Don't ever say you'll hurt someone.

## Week 9, Unit 2 (Courtesy)

### Be courteous to everyone.

- Play by the rules.
- Keep the game clean—no pushing, shoving, or rough play.
- If someone is hurt, help him or her.

## Week 10, Unit 1 (Courtesy)

### Win and lose with class.

- When you win, don't brag. When you lose, don't get angry.
- You win some. You lose some. But you always play again!
- Never blame anyone (teammate, teacher, opponent) for a bad play or a loss.

## Week 10, Unit 2 (Courtesy)

### Strive for excellence, not perfection.

- Sports are called "games" because they are fun! If you have fun, you are always a winner.
- Sometimes the best team loses.
- 100-percent effort is 100-percent victory!

