

Building Respect

Teach your child the importance of self-respect

Self-respect is essential for middle schoolers. A child with self-respect believes in herself as a worthy person. She knows she deserves to be treated fairly and kindly. And she knows it would be out of character for her not to treat others the same way.

To foster your child's sense of self-respect:

- Help your child fight negative peer pressure. Talk about ways she can avoid situations she knows are not right for her.
- Keep a positive attitude. Everyone experiences bumps in the road. These are temporary. Encourage your child to make a fresh start after a set-back.
- Point out your child's strengths and explain that people have different strengths and weaknesses. This awareness helps your child beat back feelings of jealousy. The ability to be happy for others, rather than jealous of them, is an important part of self-respect.
- Take a firm stance against substance abuse. Tell your child that self-respect includes respect for your own safety and health.
- Treat your child with respect. Your child needs a model for self-respect. You are the best choice. When you treat her well, she realizes that because you respect yourself, you are naturally respectful to others.

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