**Secondary Guidance Lesson**

*Respect for Self and Others*

**Objective:** To help students understand that respect starts with having a positive attitude about oneself and respecting others shows true character.

**Video**: <https://youtu.be/vx2ErAFC-5E>

**Activity:**

* Show video
* Group Discussion
  + What were some differences in the first scene ( students being disrespectful) and the second scene (Students being respectful)?
* Individual Activity
  + What is integrity? Give an example.
  + Why is self esteem important when it comes to self respect?
  + What are some ways to handle being disrespected?
  + How does respecting others show true character?

**Follow-up/Closing:**

* + Having a positive attitude about oneself usually results in being respectful toward others. Think of some ways that being respectful has helped you be a better person.
  + Social Media/ television/ movies and music sometimes depict disrespective language and actions. How can this be misleading to students?
  + How can having respect for others and yourself influence your life?