

NEWSLETTER

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parenting with RESPECT

FEBRUARY
2026

February is the shortest month of the school year, but in a lot of ways it feels the longest. Days are short and the weather is cold (or worse, depending on where you live!). It might feel like the perfect time to snuggle in and wait for spring. But this month is a great time to focus on respect, and on three aspects in particular:

Identity formation: Teenagers are figuring out who they are and what they believe, so parents taking the time to talk about respect helps shape their personal values and moral compass.

Healthy relationships: Understanding respect helps teens build strong, respectful relationships with family, friends, teachers, and significant others. It teaches them boundaries, empathy, and communication, all of which are needed in school and beyond.

Harmful behavior: Discussions about respect can deter bullying, harassment, discrimination, and peer pressure. Teens are less likely to engage in or tolerate harmful behavior if they understand the importance of respecting others and themselves, and this understanding comes mostly from your influence at home.

You may recall The Big 3 from August. Respect is one of the words that has an impact on all three - your students cannot fully treat others right, make smart decisions, or maximize their potential without respect.

Questions to consider:

- Respect has a lot of definitions, depending on who you ask. What does respect mean to you?
- How do you show others they are important?
- How do you practice self-respect?

Questions to ask your student:

- Who do you know that regularly shows respect?
- What do they do to show others they are important?

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RESPECT:

Showing others they are important by what you say and do

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WEEK ONE:

While it might be easy to show respect to someone when you are looking them in the eye, what about when that person isn't around? This week we will talk about how we show respect to others when we aren't with you — and that extends to online as well.

WEEK TWO:

A part of being in school is taking feedback from people — whether you want it or not! Sometimes that feedback is from a friend who wants to help you make a better choice. Sometimes it is from a teacher or coach who wants to help you improve. Sometimes it is from your parents, who might want any number of things! How do you take in feedback respectfully, even when you don't really want it? How can you look for the truth in their words, even if it might hurt?

WEEK THREE:

This week, we will talk about how respect is a mutual display between two people that says, "you're important to me and because you're important to me and I'm important to you, we both behave certain ways around each other." If this is true, what does it mean for your relationships? How does respect differ from compliance, and how do you make sure that you are in relationships where YOU are respected as well?

WEEK FOUR:

How do you earn respect with different people of different ages and importance to you? Respect looks different across generations — what your grandparents consider respectful may have very little meaning to you, and vice versa. This week, we will challenge ourselves to think about what respect looks like with different generations, with different people, and in different moments.