

Respect Day 2 • Research

RAK Definition: Respect is treating people, places, and things with kindness.

Today you will focus on different types of respect and how disrespect can create stress. We'll examine how stress affects the brain and talk about how we can increase respect and decrease stress.

Weekly Objectives

Students will:

1. Create a personalized definition of respect both on an individual and interpersonal level.
2. Examine their community through a lens of respect.

Resources / Materials

- ❑ **WEBSITE:** [Online Etymology Dictionary: Respect](#)
- ❑ **ARTICLE:** [How Millennials today compare with their grandparents 50 years ago](#)
- ❑ **ARTICLE:** [Older Adults Across Cultures Struggle To Gain Respect From Younger Generations](#)
- ❑ **WEBSITE:** [Cognifit: Respect: What is it, Types, Examples, Learn and Teach Respect](#)
- ❑ **VIDEO:** [How stress affects your brain](#)

Reflect / Assess

Deliverables:

- ❑ Daily Participation points
- ❑ **Respect Journal Entry:** What can you do to help ease your stress as it relates to respect?

Share

Discussion Starters:

- Where does the concept of respect come from? Where are its [roots](#)?
- How have we passed respect on from [generation to generation](#)?
- In what ways do we [fail to hand down respect](#) from generation to generation and why?



Inspire

Types of Respect:

What are the types of respect? Which are easy to respect? Which are more difficult? See [Cognifit: Respect: What is it, Types, Examples, Learn and Teach Respect](#) for definitions.

- For self
- For others
- For social norms
- For family
- For values
- For culture
- For national symbols

Discuss:

- What are different ways we give and receive these types of respect?



Empower

Discuss: Video Prep How do we feel when we are being disrespected or when we are disrespecting others? These negative feelings create a stress response in our brains and stress, over time, can actually change our brains.

Watch: [TedEx: How stress affects your brain - Madhumita Murgia](#)- Madhumita Murgia (4:16, comprehension - easy/moderate)

Discuss: What types of stress do you experience on a typical day? How much of that stress has to do with respect (either not feeling respected by others, not respecting yourself, or not respecting others)?

