



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 02 of 04 February 2013

“Turning Possibilities into Realities”

Building a Global Movement for Change [UNSG]: The Promise (part 10)



“Working Hard at Working Smart” (part XXII)

Family Values : The Value of Respect



“To know one’s worth and to honour the worth of others is the true way to earn respect. Respect is an acknowledgement of the inherent worth and innate rights of the individual and the collective. These must be recognised as the central focus to draw from people a commitment to a higher purpose in life”.

[Mary Frentzou]

The future we want: The Promise: The Force Beyond

Be a Role Model for Respect

Parents are the key role models for most of their children's behaviours, including respect. Kids learn much more from their parents' example than from anything else. How moms and dads treat each other helps define how our kids will behave with members of the opposite sex. Adults can also be negative role models, if they speak rudely to a waiter, curse at slow drivers, or treat their own parents disrespectfully. Think about what your kids are learning by watching you.

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"Don't ever forget where you come from, otherwise you'll never remember where you're going".

[Unknown]

How to Raise Respectful Kids

Respect means honouring other people and treating them with care and courtesy. While respect includes good manners, the core of the behaviour goes deeper than politeness. It stems from the belief that other people have as much worth and dignity as you, and that harming others or their property is inherently wrong. Kids usually learn to be respectful of rules at home and at school, to not make fun of friends, and to use polite speech. Respectful behaviour seems to have fallen out of favour in public discourse and mass media, and kids pick that up. But they need to learn that even strong feelings can be expressed in a respectful way.

Respect Is a Two-Way Street

Kids aren't born respectful. They learn respect from their parents and other important grownups in their lives--through imitation and direct teaching. Young children naturally think the outside world, including parents, exists to meet their needs. As they develop language and cognitive skills, you can teach them that hitting and grabbing are wrong, that screaming and interrupting Mom and Dad are not permitted. They learn this little by little, as parents react with firmness but not anger. Just say, "No screaming. Please use a quiet voice," and separate them from the action for a few minutes if they don't comply. Also stress kindness and empathy. From these early lessons, respect for other people will grow.

Be Supportive

Even young children deserve respect. Show your kids that you care about their feelings--by sympathizing with their needs, comforting their fears, and explaining what you're doing when it concerns them. Respecting your child means not putting him or her down or making negative statements that could become self-fulfilling prophecies. Children who grow up in supportive families are more likely to develop healthy self-respect which encourages them to believe in their abilities and make good choices for themselves.

Set Rules and Boundaries for Respect

Rules are essential reminders for kids to curb their impulses. Family rules could include no name-calling or bad language, listening to what others have to say, not using a sibling's belongings without asking, and finding a respectful way to tell someone they're annoying you. Set reasonable boundaries, and let children know what is expected of them. Be sure to give consistent consequences when rules are broken or they won't be meaningful. Similarly, compliment your child when she or he follows a rule that you've set.

Practice Good Manners

Courtesy is the oil that makes everything run more smoothly. Remember the “magic words” please and thank you? You might want to also teach your child “may I,” “excuse me” and “I’m sorry.” These phrases are outward expressions of kindness that help kids function in the world and build relationships. Good table manners are also a form of respect for others who are sharing your meal. Make practicing table manners at home a fun experience rather than an angry or tense one.

Treat Elders with Respect

In some other cultures, the elderly have an honoured role, but here it’s a different story. Rather than being seen as repositories of wisdom, older people are often seen as burdensome, inept, or at least uncool. Bring your child along when you spend time with an elderly relative or neighbour. Suggest things that older people can share with your child a family recipe, a personal story about living through historical events, or an old photo album. Emphasize that the elderly deserve our respect because they’ve lived longer, worked hard, and have wisdom to impart.

Encourage Respect for Nature

Help kids respect for the natural world by teaching them how to treat wild creatures, plants, and pets. If your child wants to pet a dog or cat, teach him or her to ask the owner whether it’s OK first. Make sure kids take care of their pets, remembering to give them enough food, water, and attention. When you’re out in nature, explain the concept of “leave no trace” taking home any items they’ve brought in and leaving flowers and plants for others to enjoy.

Mind the Media Messages

Disrespectful behaviour seems to be widespread today on TV, in movies, in pop culture, and online. Putdowns, cursing, off-colour jokes, and demeaning sexual or ethnic stereotypes are often portrayed as funny. It’s hard to protect kids from these negative examples of how to treat others. But you can heighten their awareness so they don’t absorb them unquestioningly. Watch TV with your child and comment on rude or intolerant characters, saying, “That man doesn’t respect his wife that wouldn’t be unacceptable behaviour in our house.” Develop a standard of respect that transcends mixed messages they may be getting from pop culture.

Teach Kids How to Disagree Respectfully

One of the greatest challenges most of us face is how to deal respectfully with people with whom we disagree. This is something even adults have a hard time with. Some basic rules that you could teach your children (and put into practice in your own dealings): Don’t judge people before you get to know them. Treat other people the way you want to be treated. Listen attentively before you jump in with your argument. And if you’re treated disrespectfully, tell the person, “I don’t like being talked to that way. Please use a polite tone of voice (or please wait for me to finish speaking) so we can have a discussion.”

Teach Respect for Surroundings

When kids toss their ice cream cups on the street or cover neighbours’ houses with toilet paper on Halloween, they haven’t learned the connection between respecting people and respecting their property. Start by teaching kids to be careful with their own and family members’ belongings. Then extend that by getting involved with kids in neighbourhood cleanups, flower-planting, and recycling. If they accidentally harm another’s property, have them write a note and offer to help fix the problem.

“Treat others as you want them to treat you because what goes around always comes around”.

[Unknown]

Respect...

- **“Never bend your head. Hold it high. Look the World straight in the eye.”** *[Helen Keller]*
- Respect is to treat others kindly without criticizing.
- Respect is to listen, attend, and treat others as we would like to be treated.
- Respect is necessary to live in peace and harmony with our friends, family, and neighbours.
- We respect ourselves when we take care of our body and our health.
- Having respect for ourselves is not to let anybody to make fun of us for what we are or what we do.
- Feeling respect for ourselves helps us to do what is right even if other people tell us to go the wrong way.
- We should listen others without judging them.
- We have to learn that we have the same rights, even if we are different.
- It is important to learn to respect our friends and not laugh for how they look, what they like or for their culture.
- When a friend makes you feel bad or criticise you, it means that he or she doesn't respect you.
- It is important not to get into people`s lives. Sometimes they need to be alone o have other activities where we can not go and we have to respect that.
- We have to respect our elders and our parents. They have experience and wisdom that can share with us.
- We shouldn't make feel bad other members of our family even if what they like seems ridiculous to us.
- Respect your parents, your friends, and your teachers.
- Respect yourself. Don't do what others tells you to do if you think that it is not right.
- **Keep your promises so that other people respect you.**
- **Respect should start with ourselves and then continue to others.**

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Brand New Me

[Alicia Keys]

It's been a while,
I'm not who I was before
You look surprised, your
words don't burn me anymore
Been meaning to tell you, but I guess it's clear to see
Don't be mad, it's just the brand new kind of me
Can't be bad, I found a brand new kind of free

Careful with your ego, he's the one that we should blame
Had to grab my heart back
God know something had to change
I thought that you'd be happy
I found the one thing I need, why you mad
It's just the brand new kind of me

It took a long, long time to get here
It took a brave, brave girl to try
It took one too many excuses, one too many lies
Don't be surprised, don't be surprised

If I talk a little louder
If I speak up when you're wrong
If I walk a little taller
I've been on to you too long
If you noticed that I'm different
Don't take it personally
Don't be mad, it's just the brand new kind of me
And it ain't bad, I found a brand new kind of free

Oh, it took a long, long road to get here
It took a brave, brave girl to try
I've taken one too many excuses, one too many lies
Don't be surprised, oh see you look surprised

Hey, if you were a friend, you want to get know me again
If you were worth a while
You'd be happy to see me smile
I'm not expecting sorry
I'm too busy finding myself
I got this
I found me, I found me, yeah
I don't need your opinion
I'm not waiting for your ok
I'll never be perfect, but at least now I'm brave
Now, my heart is open
And I can finally breathe
Don't be mad, it's just the brand new kind of free
That ain't bad, I found a brand new kind of me
Don't be mad, it's a brand new time for me, yeah



The journey continues...