

November: WEEK THREE

SELF-RESPECT

THE AGENDA:

Discussion: What does Self-Respect mean? How is it different from Self-Esteem? How do we show respect for ourselves? Do you like yourself? Why or why not? If someone compliments you what is your reaction? What if someone falsely accuses you of something, like cheating or stealing? How would you defend yourself? How do we deal with friends who want us to do things we aren't comfortable with?

- ◇ Role-Play: "Sticking Up For Ourselves"
- ◇ 'Self-Respect' Questionnaire



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- ◇ Create a treasure hunt for your Mentee where "X" marks the spot!
 - ◇ Learn to play a new board game like Chinese Checkers or Chess.



Role-Play: Sticking up for Ourselves



Role-play the following scenarios with your partner. Discuss the importance of respecting ourselves.

- A teacher falsely accuses you of cheating on a test.
- Someone budes in front of you in the lunch line.
- A boyfriend/girlfriend tells you that if you really loved them, you would do what they wanted.
- Your parents are pressuring you to take another helping of dessert when you are already very full and trying to eat healthier.
- Your friends want to go to a party tonight at the house of a guy from another school. His parents are out of town and you heard its going to get pretty wild. You are uncomfortable about going but your friends all want to.
- You overhear a group of people saying things about your best friend that aren't true.
- Your parents asked you to do a special favour for them, but you are so swamped with homework you don't know how you are going to complete all your tasks on time.

Self-Respect Questionnaire

I am unique because:

The things I like best about myself are:

My secret talents are:

I feel best about myself when:

I'm worth respecting because:
