

A reminder of our values.....

Compassion
Self-discipline Love
Honesty Forgiveness
Respect Hope

Self-respect

Self-respect has to do with how we think about ourselves and how we value ourselves.

One definition of self-respect is a person's overall emotional evaluation of his or her own worth.

Therefore, someone with low self-respect considers themselves to be worth little, whereas someone with high self-respect considers themselves to have great worth.

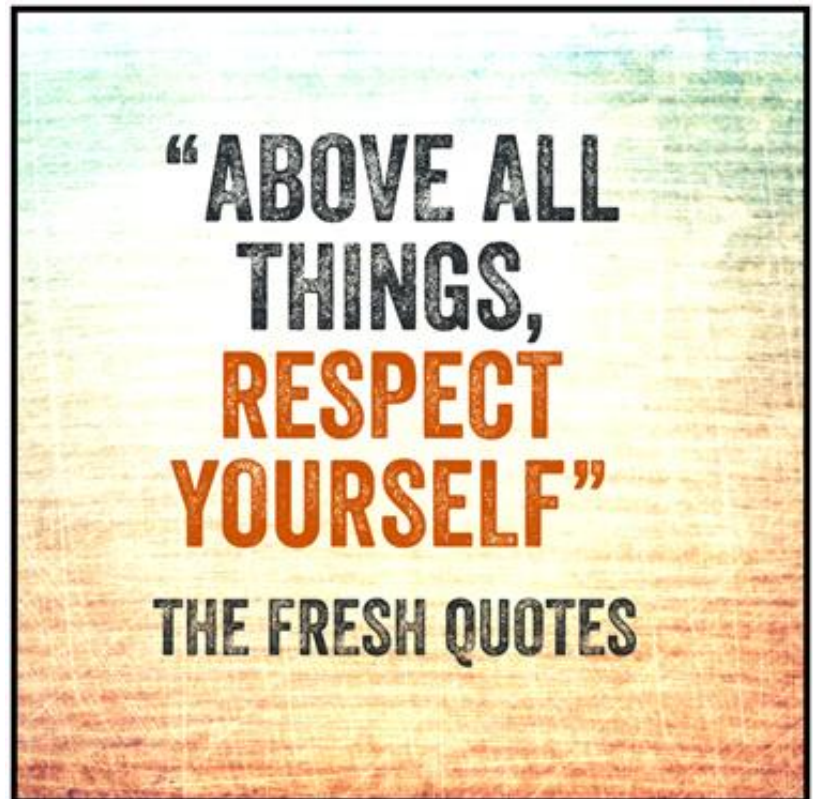
Much of our self-esteem comes from categories such as opportunities, appearance, strength, popularity, and relationships.

Inevitably, our self-respect rises and falls based on how we are doing in these categories, especially in comparison to others.

Self-respect is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can sometimes feel really difficult to change.

Your self-esteem can affect whether you:

- like and value yourself as a person
- are able to make decisions and assert yourself
- recognise your strengths and positives
- feel able to try new or difficult things
- show kindness towards yourself
- move past mistakes without blaming yourself unfairly
- take the time you need for yourself
- believe you matter and are good enough
- believe you deserve happiness



Respecting - communities

We belong to lots of different communities. Make a list on the white board of all of the different countries students are connected to.

Our school, our family, our local communities and our country – what makes up our unique community? Discuss with your form.

Why is it important to respect our communities and diversity in all forms?



Respect each other,
listen, not to your
own self, but rather
take the time to
actually hear what
others are saying and
you'll be surprised at
how much sense they
make.

LET US LOVE AND RESPECT
EACH OTHER AS A FRIEND,
NOT STRANGER

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"ABOVE ALL
THINGS,
**RESPECT
YOURSELF**"
THE FRESH QUOTES

Everyone
has a need
to be valued
and respected.
Make sure you
give others the
respect that
you would like
in return.

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Respect
out of fear is
no respect.

M. K. Soni

Make yourself a
priority once in a
while.
It's not selfish.
It's necessary.



Seek respect, not
attention. It lasts longer.

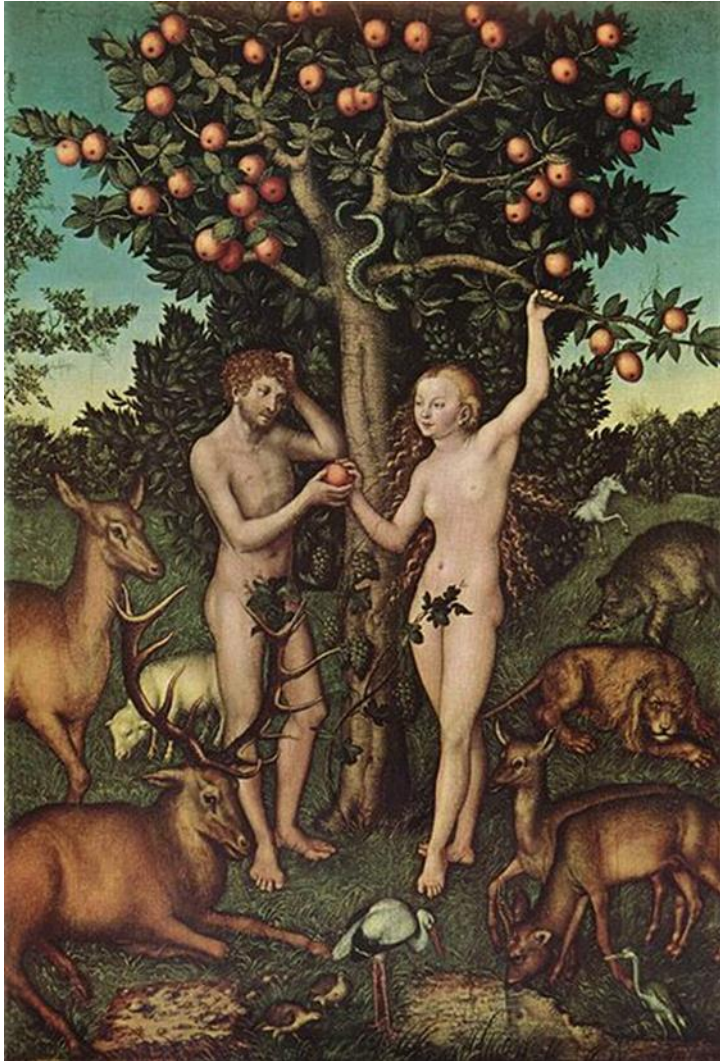
Our perception of ourselves?....



“Selfie” was the word of the year in the Oxford dictionary 2013

What we see on social media are not the real things that give life meaning

Increase in Body Dysmorphic Disorder cases

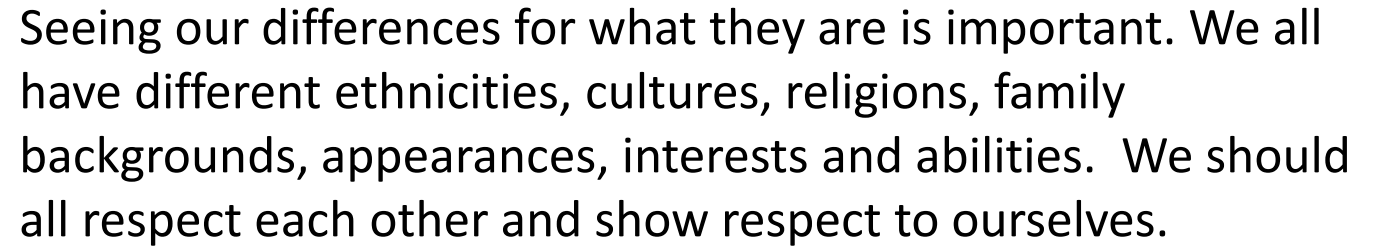


If we are made in the image of God, why do so many people struggle with the issue of their worth? When Adam and Eve disobeyed God, the image of God in them became shattered and marred. ***Have you ever looked at yourself and felt disappointed?***

They once walked naked in the garden without shame; after they sinned, they became ashamed and hid themselves from God.

They covered themselves, and humankind has been covering himself ever since. We cover our sense of shame, guilt, and lack of worth with the attire of wealth, beauty, strength, status, and popularity. ***Can you see similarities in the above with celebrity and social media?***

Scripture speaks of fallen man as separated from God and at war with Him. We who were created in God's image have become rebels against Him. As C.S. Lewis said, "Fallen man is not simply an imperfect creature who needs improvement: he is a rebel who must lay down his arms." Scripture speaks of humankind in our fallen state as disobeying and worthless.



Sometimes it's difficult to get beyond our differences. We are uncomfortable with them, maybe even afraid of them, so we tease and taunt, or even worse act superior to others who are different from us. This sets up division, barriers, prejudices and shows a lack of respect that can lead to mistrust, even hatred.



Lord, I am thankful that my life has purpose and meaning. You have made me unique and special. There is nobody on earth exactly like me.

Based on Deuteronomy 7:6

What does this mean? What does it mean to be individual?

God, I am created in Your image. I am happy with the way I am made. I appreciate my unique qualities.

Genesis 1:27

Why is it important to have unique qualities?

Lord, thank You for seeing the good in me. Help me to become all You want me to become.

Genesis 1:31

Dear God,

Respect is a word that we often hear, but do not always fully understand. Teach us how to respect and love ourselves, with all our faults and imperfections. Help us lead by example with those around us by doing what is good and right.

And teach us to treat people with kindness, fairness and honesty.

Amen.