WHAT IS RESPECT?

DOESN’T LOOK LIKE

- Hitting
- Taking things without asking
- Standing in a corner
- Glaring looks
- Pointing fingers
- Being grabbed
- Being ignored
- Pushing
- Shoving

DOES LOOK LIKE

- Body Language
- Kind face
- Eye contact
- Listening Nodding
- Smiles
- Gentle hand
- Polite handshake
- Making someone feel welcome
- Holding up a NO PUT DOWN ZONE sign
- Unconditional love

DOESN’T SOUND LIKE

- Yelling
- Embarrassing words
- Belittling
- Being corrected in public
- Making fun of someone
- Put downs
- Rude (animal) noises
- Cussing
- Tattling
- Being compared

DOES SOUND LIKE

- Kind tone of voice
- Kind choice of words
- Encouragement
- Giving choices
- Speaking to people in private
- Reminding of NO PUT DOWN ZONE
- Sticking up for someone
- Helping them stick up for themselves
<table>
<thead>
<tr>
<th>DOESN’T FEEL LIKE</th>
<th>DOES FEEL LIKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurt</td>
<td>Good</td>
</tr>
<tr>
<td>Embarrassed</td>
<td>Happy</td>
</tr>
<tr>
<td>Anger</td>
<td>Hope</td>
</tr>
<tr>
<td>Being afraid</td>
<td>Warm</td>
</tr>
<tr>
<td>Getting even</td>
<td>I’m important</td>
</tr>
<tr>
<td>Being irritated</td>
<td>Encouragement</td>
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<tr>
<td>Nothing’s mine</td>
<td>Being understood</td>
</tr>
<tr>
<td>Resentful</td>
<td>I can be human</td>
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<tr>
<td>Being shy</td>
<td>Acceptance</td>
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<tr>
<td>I can’t do anything right</td>
<td>Self-esteem</td>
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<tr>
<td>Guilty</td>
<td>Confidence</td>
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<tr>
<td>Defeat</td>
<td>Relief</td>
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<tr>
<td>Failure</td>
<td>Belonging</td>
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<tr>
<td>Feeling dumb</td>
<td></td>
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<tr>
<td>Rejection</td>
<td></td>
</tr>
</tbody>
</table>

*Family Service Counseling and Community Resource Center is only a call away. Fees are based upon an adjusted scale according to income and family size.*