



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



Family Service Counseling and Community Resource Center

DOESN'T FEEL LIKE

- Hurt
- Embarrassed
- Anger
- Being afraid
- Getting even
- Being irritated
- Nothing's mine
- Resentful
- Being shy
- I can't do anything right
- Guilty
- Defeat
- Failure
- Feeling dumb
- Rejection

DOES FEEL LIKE

- Good
- Happy
- Hope
- Warm
- I'm important
- Encouragement
- Being understood
- I can be human
- Acceptance
- Self-esteem
- Confidence
- Relief
- Belonging

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.