



## Golden Gate Kids December Newsletter

"Respect is one of the things people want the most from others. There is a lot of misunderstanding about ways to get respect from another person or how to respect yourself." Daniel Branch *"How to Respect Yourself and Everyone Around You."*

This month students are going to begin learning about Pledge #3...

**I will treat others and myself with kindness and respect.**

Why do we want respect? When someone respects you, they will honor your judgement, believe in your abilities, think highly of you, and trust that you told the truth. Respect can be given from many people like family, friends, co-workers, and even strangers! Self respect is as hard as earning the respect of others. People with self respect will be more confident, trust your judgement, and have high self-esteem. Gaining self respect can be as hard as earning respect from others. To gain self respect, start by loving yourself! Look at the positive in yourself and focus on your positive traits. Next, believe in your choices and abilities. If you are wrong sometimes, that's okay! Ignore the negatives and thrive on the positives!

### PARENT/GUARDIAN CHALLENGE:

This month, we challenge your family to write notes to each family member. In this note, write down things that you like about them. Then, every family member will write a note to themselves listing things that they like about themselves.

