

ARE YOU A RESPECTFUL PERSON?

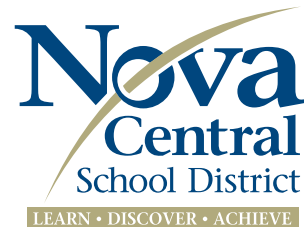
DO YOU...

- Treat others the way you want to be treated?
- Try to think about how your actions may influence others?
- Believe that violence never solves problems?
- Try to always treat other people and their property with courtesy?
- Avoid ridiculing, embarrassing or hurting others?
- Acknowledge and honour others' opinions and beliefs?
- Respect yourself by setting boundaries and saying 'no' if you feel like it?

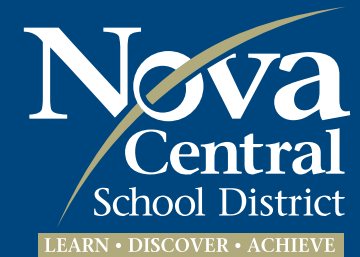


For more information on *healthy relationships* talk to you school's guidance counselor or check out the following resources:

http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html



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SAFE & CARING SCHOOLS

HEALTHY RELATIONSHIPS



HEALTHY RELATIONSHIPS

- Share decisions
- Respect each other's independence
- Trust and support each other
- Talk honestly and freely
- Feel good about yourself when you are around the other person.



CONSIDER

Thoughts
become words.

Words
become actions.

Actions
become habits.

Habits
become character.

Character
becomes destiny.



RESPECTFUL COMMUNICATION

- Listen carefully to the other person in order to better understand their point of view.
- Be responsible for your words and actions...think before you speak.
- Be aware of your body language and tone of voice.

