

# Teaching communication

# respect:

## Teaching Respect: Communication

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*"Sir, I'll treat you as a gentleman, not because you are one, but because I am one."*

*-Thomas Jefferson*

Respectful communication can be difficult when we disagree with someone. We must be willing to accept that our opinion is not fact; believing in something strongly doesn't make it more true. Communicating with respect requires us to express ourselves in a thoughtful and purposeful way.

### Two Steps to Better Communication

1

#### Try to Understand

Use active listening by restating, in your own words, what you just heard. This helps to make sure that you understand what you are hearing.

Example:

Person 1: "I'm disappointed that you didn't come to my birthday party."

Person 2: "I understand that you are upset that I didn't come to your party."

2

#### Try to be Understood

Express your thoughts, feelings and expectations without blame, insult or personal attack.

Example: "I'm disappointed that you didn't share your new toy."

### Discussion starter

Ask your child what they think: are there things that if everyone did it, would it be a bad thing?

What if no one treated others with respect?

**Check out more tips on teaching character at [TheRayCenter.org](https://www.TheRayCenter.org)**