

# Tenets and Codes

## Tenet 4 - Respect and Obedience

### What does it mean?

- Respect is thinking and acting in a positive way about yourself or others.
- Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.



### Examples

- You follow your parents' rules to show them you care (respect) how they feel about the situation. (That's where Obedience comes in!)
- You don't call people names because you care about (respect) their feelings.
- You don't hit or hurt people because you care about (respect) their well-being.
- You dress, speak, and act in a way that shows you care about what you know is right and safe, because you care about (respect) yourself and your well-being.
- You remember to say "Yes, sir" and "Yes, ma'am" in class because you respect your instructors. And you willingly to push ups when you forget because it helps you remember to follow the proper rules of respect.

### At Home Training - Bring to the next *Mat Chat*.

Give one example of how you demonstrated self-respect and respect for others!

- You can write – it can be just telling about it, or it can be a story or poem.
- You can draw a picture showing self-respect and respect for others.
- You can tell. Be prepared next time to tell about demonstrated self-respect and respect for others.