

SESSION 9

RESPECT IN ACTION

Creating a Family Culture Where
Respect Is Taught, Modeled & Lived



When respect lives in our home,
*love leads, trust grows, and
everybody wins.* ♥



LEARN.
Gain awareness.



CONNECT.
Build relationships.



GROW.
Practice daily.



ASCEND.
Elevate together.



TOGETHER.
Stronger as one.

ACCOUNTABILITY CHECK-IN

SESSION 9

Looking back before we move forward.

Take a moment to reflect on Session 8: *The Self-Respect Cycle*.
Reflection helps us grow with intention.



1. WHERE DID I
INTENTIONALLY
MODEL RESPECT?

Think of specific moments
you chose love over reaction.



2. WHERE WAS IT
HARD FOR ME?

What triggered me?
What made it challenging?



3. WHAT DID I NOTICE
ABOUT MY CHILD'S
RESPONSE?

How did they react when
I modeled respect?



Reflection isn't about perfection. It's about **progress**.

Small awareness today creates big change tomorrow.



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FROM KNOWING → LIVING

SESSION 9

Last week, we explored THE Self-Respect Cycle.
This week, we take it a step further:

We define what respect actually looks, sounds,
and feels like in **OUR** home.



**RESPECT ISN'T JUST A CONCEPT.
IT'S A DAILY PRACTICE.**



WE DEFINE

What respect
means in
our family.



WE COMMUNICATE

We talk about it
openly and
consistently.



WE MODEL

We show respect in
the way we speak,
react, and listen.



WE REINFORCE

We celebrate it,
redirect it, and
repair it.



WE CULTIVATE

We build a home
where respect is
our normal.



When we are intentional, respect becomes more than a rule—
it becomes the rhythm of our home.



“

What we consistently practice
becomes the **CULTURE**
our children grow up in.

”



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DEFINING OUR FAMILY CULTURE OF RESPECT

SESSION 9

We don't expect what we haven't defined.
Let's be intentional about what respect looks like in **OUR** home.



WORKSHEET 1: FAMILY RESPECT WORKSHEET

Use this worksheet to define, reflect, and align as a family.



1. OUR VALUES

- What values do I want to define respect in our family?

What do we believe respect is built on?



2. OUR BEHAVIORS

- What behaviors reflect respect in our home?
- What behaviors reflect disrespect in our home?

What does respect look like? What is unacceptable?



3. OUR COMMUNICATION

- How do I want family members to communicate during conflict?

What does respectful communication sound like when we disagree?



4. OUR MODELING

- How do I currently model respect well?
- Where do I still model disrespect, reactivity, or inconsistency?

Children watch more than they listen.



“

Children learn respect not only from what we demand—but from how we treat them.



The same respect we want from our children
is the same respect we must give our children.



Speak to them respectfully.



Respect their voice by listening.



Acknowledge their thoughts and feelings even when you disagree.



Correct with dignity, not humiliation.



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RESPECT IS NOT FEAR OR BLIND OBEDIENCE

SESSION 9

We teach respect by understanding it first.



TRUE RESPECT IS:



DIGNITY

Treating others with value, even in disagreement.



ACCOUNTABILITY

Owning our choices and honoring our responsibilities.



EMOTIONAL CONTROL

Managing our emotions and responding, not reacting.

THE GOAL IS:



INTERNALIZED SELF-RESPECT

Children develop respect because they value themselves and understand boundaries.



HEALTHY RELATIONSHIPS

Respect creates connection, trust, and a safe environment for everyone.

“

Respect
isn't about
power over
others.

It's about
honoring
one another.

”



RESPECT
ROOTED IN
LOVE
GROWS
LIFELONG.



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WE'RE GROWING TOGETHER

SESSION 9

As parents, we are lead learners.
When we grow, our families grow.



WORKSHEET 2: FAMILY GROWTH CONVERSATION PLANNER

Prepare for the conversation
where you introduce your child
to the idea that our home
is growing and changing.

*Intentional words today
create lasting impact tomorrow.*



I'M GROWING TOO

Share how you are learning,
reflecting, and becoming a better parent.



THE HOME WE ARE CREATING

Describe the kind of home you are
working together to build.



INTRODUCING "RESPECT YOURSELF™"

Explain that self-respect is the foundation
for how we treat ourselves and others.



CLEAR EXPECTATIONS

Communicate the expectations that
will guide our family forward.



ENCOURAGEMENT & REASSURANCE

Let your child know they are loved, capable,
and never alone in this journey.



“

When we communicate with **honesty**,
love, and **respect**, our children feel safe
to **grow**—and strong enough to **rise**.



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INTRODUCING RESPECT YOURSELF™ *at Home*

SESSION 9

The foundation of a respectful home starts within.

Help your child understand that respect is a choice we practice every day—
starting with how we treat ourselves.

HOW TO INTRODUCE IT:

Keep it simple. Keep it real. Keep it consistent.



TALK ABOUT IT

Use everyday moments to talk about respect and self-respect. Make it age-appropriate.



CONNECT IT

Connect it to your family values and the kind of home you are building together.



MODEL IT

Your child watches more than they listen. Live it out loud.

5 KEY MESSAGES TO SHARE WITH YOUR CHILD



1. I RESPECT MYSELF.

I take care of my body. I speak kindly to myself. I believe I am worthy.

What does self-care look like for me?



2. I RESPECT OTHERS.

I treat people the way I want to be treated. I listen. I use kind words and actions.

How do my words and actions affect others?



3. I USE MY VOICE RESPECTFULLY.

I can express how I feel without yelling, name-calling, or putting others down.

How can I speak my truth with respect?



4. I HONOR BOUNDARIES.

I respect other people's space, time, and things. I also honor my own boundaries.

What are my boundaries?



5. I TAKE RESPONSIBILITY.

I own my choices and my actions. I learn, I grow, and I try again.

What choice can I make today?

“
Respect Yourself™ isn't about being perfect. It's about making choices that show you value who you are.”



Our commitment as a family:
We will practice Respect Yourself™ together—every day.

*We will support each other. We will hold each other accountable.
We will celebrate our growth. ♥*



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MODEL IT BEFORE YOU EXPECT IT

SESSION 9

Children learn respect through
our example more than our explanations.



WORKSHEET 3: RESPECT MODELING REFLECTION LOG

Use this weekly reflection log to track how you model respect in real moments—so you can celebrate your growth and continue improving.

*Awareness today.
Stronger connections tomorrow.*



REFLECTION LOG: 5 STEPS TO GROW



“
We can't teach
what we won't
practice.
Let's hold
ourselves to
the same standard
we hold our children.
”



REFLECTION IS NOT ABOUT PERFECTION.
It's about progress, presence, and purpose.

*Small moments of respect create
big shifts in your family culture.*



HOMEWORK:
Complete at least 2 reflection entries this week. Look for everyday moments to model respect and lead by example.



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PRACTICE IT. LIVE IT. GROW TOGETHER.

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Respect is a daily practice, not a one-time talk.
Let's build habits that strengthen our family culture.



WORKSHEET 4: RESPECT IN ACTION FAMILY PLAN

Create your family's plan
to practice respect together
every day.

- ✓ Choose 2–3 family respect goals
- ✓ List actions each of us will take
- ✓ Plan how we will celebrate wins
- ✓ Review our plan every week

*Small steps. Big change.
We've got this—together.*



5 DAILY PRACTICES TO STRENGTHEN RESPECT AT HOME



1. START THE DAY WITH INTENTION.

Share a positive
affirmation or kind
word to set the
tone.

*Energy follows
attention.*



2. CONNECT EVERY DAY.

Make time for
real conversations
without
distractions.

*Connection builds
trust.*



3. PRACTICE RESPECTFUL COMMUNICATION.

Use respectful
words, listen well,
and speak our
truth kindly.

*Words can build up
or tear down.*



4. HONOR BOUNDARIES.

Respect each
other's space,
time, and personal
things.

*Boundaries create
safety.*



5. CELEBRATE GROWTH.

Notice progress,
apologize when
needed, and
celebrate wins.

*Recognition
reinforces
respect.*



“

A family that practices respect
creates a home where
everyone feels *seen, safe,*
and *truly valued.*



OUR FAMILY COMMITMENT

“We choose respect—every day.
For ourselves. For each other. For our future.”



We will speak
with kindness.



We will listen
with respect.



We will honor
boundaries.



We will grow
together.



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Gain awareness.



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