

RESPECT STARTS WITHIN

Building **Self-Respect** and
Mutual Respect in Our Families

When we respect ourselves and our children,
we create homes where everyone feels seen,
heard, valued, and safe.



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TODAY WE WILL

Explore how respect starts within you and extends to your child—creating a culture of respect in your home.



RESPECT YOURSELF

Strengthen your self-respect so you can lead with confidence and clarity.



RESPECT YOUR CHILD

Extend respect through your words, your actions, and your responses.



BUILD A RESPECTFUL FAMILY CULTURE

Create a home where respect is the norm, not the exception—every day.



Respect isn't just what we ask for—
it's what we give and what we create.



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WHAT RESPECT REALLY MEANS

Respect is more than words—it's how we think, speak, and act toward ourselves and toward each other.



SELF-RESPECT

How I honor myself.

- I value who I am.
- I protect my time and energy.
- I set and maintain healthy boundaries.
- I regulate my emotions.



MUTUAL RESPECT

How I honor my child.

- I speak to them with dignity.
- I listen to them with care.
- I correct them without humiliation.
- I protect their worth.



FAMILY RESPECT

The culture we create.

- We treat each other with kindness.
- We communicate with respect.
- We handle conflict well.
- We build trust every day.



Children don't just learn respect because we teach it.
They learn it because they experience it.



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WHAT DOES RESPECT LOOK LIKE?

SESSION 8

Respect is how we treat ourselves and how we treat our children.
It goes both ways.



RESPECT YOURSELF

You model it.
You matter too.

- ✓ **Honor your values** – Stay true to what matters most to you.
- ✓ **Keep your word** – Do what you say you will do.
- ✓ **Set healthy boundaries** – Protect your time, energy, and peace.
- ✓ **Regulate your emotions** – Respond, don't react.
- ✓ **Take care of your well-being** – You can't pour from an empty cup.



RESPECT YOUR CHILD

You extend it.
They deserve it.

- ✓ **Speak respectfully** – Use words that build up, not tear down.
- ✓ **Listen fully** – Hear their heart, even when you disagree.
- ✓ **Correct with dignity** – Guide, don't humiliate.
- ✓ **Protect their worth** – Separate the behavior from the child.
- ✓ **Give them a voice** – Value their thoughts, feelings, and opinions.



Children learn respect
by experiencing respect.
Model it. Offer it. Live it.



When we respect ourselves and our children,
we build relationships rooted in trust, dignity, and love.



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RESPECT SOUNDS LIKE...

The way we speak to our children **shapes** how they see themselves and how they learn to speak to others.

 INSTEAD OF...	 TRY...
 "Because I said so!"	 "Let me explain why this matters."
 "Stop crying."	 "I can see you're upset."
 "You're being disrespectful."	 "Let's try speaking to each other respectfully."
 "Go to your room!"	 "Let's take a break and come back when we're calm."
 "You never listen!"	 "I need your attention so I know you hear me."



Respect isn't about being perfect. It's about choosing better—together.

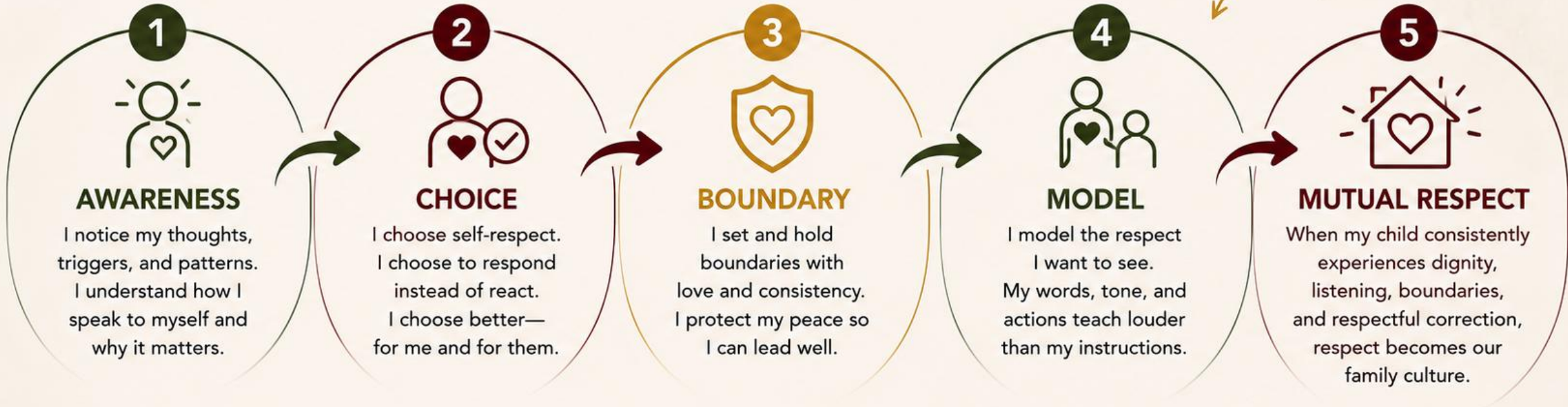
 We don't have to raise perfect children. **We just have to be intentional about speaking to them with respect.** 

THE SELF-RESPECT CYCLE

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The way I honor myself influences
the way I show up for my child.

*Start with me.
It changes everything
around me.*



Self-respect is the starting point.

Mutual respect is the destination. Culture is the legacy.



I honor myself.

I honor my child.

We honor each other.



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THE PILLARS

of a Respectful Family

Respect is more than a feeling—it's something we do.
These five pillars help us create a home where respect is **lived, not just taught.**



SPEAK

We choose words
that build up,
not tear down.
Our tone shows
our respect.



LISTEN

We listen to
understand,
not just to
respond.
We value their
voice.



CORRECT

We correct with
dignity and calm.
We focus on the
behavior, not
the child.



APOLOGIZE

We own our
mistakes.
We show our
children what
humility looks like.



REPAIR

We mend
relationships
after conflict.
We restore trust
and connection.



When these pillars guide our home,
respect becomes our family's foundation.

“
Respect isn't about
lowering expectations.
It's about **raising the
standard for how we
treat one another.**
”



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

TODAY'S SUMMARY

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Respect begins with us, but it doesn't end with us.
It becomes the culture of our home.

WHAT WE COVERED TODAY:



RESPECT YOURSELF

Honor who you are, set boundaries, and choose how you respond.

1



RESPECT YOUR CHILD

Speak with kindness, listen fully, correct with dignity, and protect their worth.

2



BUILD A RESPECTFUL FAMILY CULTURE

Model respect, repair relationships, and create a home where everyone feels valued.

3



USE THE SELF-RESPECT CYCLE

Awareness → Choice →
Boundary → Model →
Mutual Respect.

4



MAKE RESPECT A WAY OF LIFE

Consistent respect today builds trust, connection, and a legacy for tomorrow.

5



**When we respect ourselves and our children,
we create a home where love leads and respect stays.**



Today's Reminder

**Respect isn't something
children earn.**

It's something they experience.



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PUTTING RESPECT INTO ACTION

SESSION 8

*Every moment
is a chance to build
a better tomorrow.*

Respect is built in everyday moments.
Small actions. Big impact.



IN ACTION

What respect looks like in real life:



When my child disagrees
I stay calm and listen.



I show them it's safe to
share their truth.



When there's a mistake
I correct with respect.



I teach without shame and
model accountability.



When routines are hard
I hold the boundary.



I bring consistency so they
can feel secure.



When emotions run high
I regulate first.



I help them learn how to
regulate too.



When we connect
I give my time and attention.



I build trust that lasts
beyond the moment.



TRY THIS TODAY



Pause before you respond.
Take a breath and choose respect.



Use respectful words.
Your words shape their world.



Set a clear boundary.
Be loving and firm.



Follow through.
Consistency builds trust.



Reconnect.
Repair quickly. Love deeply.



Respect is a decision
we make every day.

Let's choose it—together.



Respect isn't perfect. It's intentional.



Let's keep building a home where respect lives.



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