

RESPECT FOR SELF

Respect your body - diet & exercise.

Swearing.

Stress management.

Etiquette.

Show our boys that you respect yourself. Talk to them about being drug-wise - not to abuse alcohol, tobacco or other drugs. Make sure that you set an example and live a healthy lifestyle by exercising on a regular basis and by eating healthily. Boys that grow up with an absent father are often overweight and therefore need guidance on maintaining a healthy weight through self-control, exercise etc.

Set an example by not swearing and not tolerating bad language. Our boys need to know that swearing shows to the outside world that you have no self-respect. People that respect themselves are aware of how they speak to others and what language they use.

Manage your stress levels and teach our boys to identify stress early by discussing signs and symptoms and show them how to manage it effectively.

Talk about cellphone etiquette like not using your phone at the table while eating or while in conversation with someone and set an example by not doing it yourself. Discuss cyber-bullying and let the boys know that they need to talk about this if it is happening.



RESPECT FOR OTHERS & THEIR POSSESSIONS

Manners (table, eating, conversation, etc.)

Conflict management.

Embrace our differences.

We often forget that children aren't born with a built-in sense of respect for others. While each child has a different personality, all children need to be taught to be respectful. From birth, kids learn to manipulate their world to get their needs met-this is natural. But it's part of our job as MENTor to teach them respectful ways of doing this.

Teach our boys good table manners from a young age. Let them know that it is a sign of showing respect to eat with your mouth closed and to take small bites. Encourage them to chew their food at least ten times before swallowing and not to talk with food in their mouths.

Teach our boys to treat others the way they want to be treated at all times even when in conflict. How do behave when you are upset says a lot about who and what you are. Feeling angry is okay but how you behave is what counts.

Make our boys aware of the fact that we are all different and that it is this that makes us special and unique. We need to treat other people in a way that shows we respect them and ourselves.



RESPECT FOR AUTHORITY

Following the rules.

Citizenship.

Taking instructions. Giving instructions.

Discuss with our boys why there have to be rules. When driving, ask them what would happen if there were no rules. When watching a sports match or playing a game, ask them what would happen if everyone could just do as they please. Rules are there for a purpose and a reason. Rules are there to protect us (and our property) from harm and danger. They prepare us as children for the real world.

Teach our boys to always be “good citizens” by doing the right thing at all times. People that are in an authority position might not always behave like they are supposed to but this shouldn't influence how we behave.

It shows respect if we are able to follow other's instructions. This also gives us the power to give instructions, as long as it is always done in a kind and respectful manner. Respect are always earned.

Some rules are just basic manners -- saying “please” after making a request, saying “excuse me” before interrupting. If you make it a policy to use polite words, our boys will not only be more pleasant to be around, but they'll also learn appropriate ways to get what they wants.



RESPECT FOR RESOURCES

What is a resource.

Why do we need to respect our resources.

How can we respect our resources.

We need to teach our boys to respect our resources - air, water and land.

We breathe its air, we eat food grown on this ground, we live on this land. It provides us with everything and therefore we need to treat it with the utmost respect.

Respecting environments also ensures that communities have adequate resources to meet their needs and many of their wants. God gave us this world to take care of and as long as we do that it will provide in all our needs.

Healthy environments also foster a stronger quality of life. A better quality of life on the individual level fosters healthy, happy communities. For example, when young people stay active in positive activities such as

outdoor sports, they may not engage in harmful activities like drugs and crime, creating safer communities.

We can respect our resources by looking after nature and by getting involved in activities like planting trees or recycling waste.



RESPECTING WOMEN

Be a gentleman.

Men are stronger but woman are not weak.

No is no!

In our society, women and girls are often treated with disrespect. This is due, in part, to men and boys not fully understanding how to show them the respect they deserve.

Any time you as MENTor interact with people, including women/girls, you should strive to be as respectful as possible. Learn to respect the bodies, emotions, and opinions of women/girls, and to speak to them in a way that shows you care about their thoughts and feelings. Teach our boys to make eye contact when speaking to a girl, to allow her to speak and to mind his manners. Our boys should be a gentleman at all times.

Remind our boys that we as men are physically (and often emotionally too), stronger than women but that doesn't mean that women are weak. God has created man and woman each in a unique way to complement each other.

Teach our boys that when we respect another person's body, we ask for permission before touching them and when they say "no" it means no.