



Curriculum Ring 4 (a): Respect



“Sport is a great equalizer that can build bridges, transcend borders and cultures, and render even the fiercest conflicts temporarily irrelevant.”

Richard Attias

Ring 4a

RESPECT + EQUALITY

- Respect For Self
- Respect For Others:
Bullying, Cyberbullying,
Hate Speech
- Fair play In Sport
- Respect For Environment





1. Respect For Self

“Each of us have a gift, that we were put on this earth for a reason, that there never will be another one of us.”

– **Marie Forleo**



Class Activity ***Reflect in your notebook:***

What makes you unique?

What are you good at?

What do you love doing?

How do you want to be remembered?

What would you want your biography to be entitled?

What unique qualities do you have?

Mindfulness



Class Activity

Try two of these mindfulness exercises:



[Embracing your humanness](#)



[How you would treat a friend](#)



2. Respect For Others



Class Activity

*Write in our notebook:
What do you think this quote
means?*

Do you agree with it?

*Do you think education or
environment play a role in hate?*



Class Questions & Discussion

What's the difference between:

Bullying

Racism

Cyberbullying

Hate speech

“No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”

– **Nelson Mandela**



Class Activity + Discussion

Write in your notebook:

To be kinder I can _____.

To be a better friend I can _____.

To be a better teammate/classmate
I can _____.

To be a better brother/sister/cousin
I can _____.

To be a better family member I can _____.

What is the kindest thing a friend
has done? _____.

Discuss in class or small groups:

What did it feel like when someone was kind to you?

What's the difference between being nice versus being kind?

Our reactions can really impact others. Eye rolling, sighing, and crossing arms can be hurtful. What are some other hurtful reactions?

At school look out for students and teachers who react with warmth. What warm reactions did you observe.

When was the last time you cried? Did anyone make you feel better? How can you console someone who looks hurt?

How do you take care of yourself when you are afraid?
Do you think you could use that to help someone who is frightened of something?

“Seek first to understand, then to be understood.”
– **Stephen R. Covey**



Vox

Cyberbullying

A 2020 study in Ireland reported that 28% of 10-18-year old children reported to have been victims of cyberbullying during lockdown, while 50% reported to have seen others being cyberbullied. The younger in age they were the more likely they were to have been victims of cyberbullying. Overall, 49% of males experienced significantly more frequent cyberbullying since lockdown.



[Link To Study](#)

95% of teenagers have noticed bullying online. Thankfully online abuse will now be criminalised in Ireland as of end of 2020.

Think of some safe ways that you can encourage people to be nicer to each other online.



Reflection on Online Bullying:

Write in your notebook:

Have you ever said something on social media or through text that you regret? What happened?

77% of teens think they are less authentic and real online than in person.

How do you act differently online?

Are people generally nicer to each other in person or online? List some reasons why you think that is.

What effects do you think social media has on young people's mental health and feeling of self worth?

What would be the benefits to growing up with out social media?



Bullying

Bullying seeks to harm, intimidate, or coerce (someone perceived as vulnerable). It definitely is not “just having a laugh”. Bullying is composed of three components:

Aggression – physical or verbal

Repetition – pattern over time

Power imbalance – higher peer status

Negative effects include helplessness, lack of confidence, anxiety, and unhappiness. Verbal or physical abuse show up in the brain in the same place. Words can hurt as much as sticks and stones.

People who are marginalized or are victims of racism, hate speech and bullying can often feel unsafe. This can prevent people from reaching their potential. Abuse of any description—physical, verbal, online- register in the brain as pain. They are all forms of violence.



Hate Speech

Hate Speech is “abusive or threatening speech or writing that expresses prejudice against a particular group, especially on the basis of ethnicity, religion, or sexual orientation.

Everyone should have the freedom to be who they want to be without judgment.

Acceptance and understanding of those that are different to you is key. Sometimes we have to put ourselves in another person’s shoes to enable us to feel empathy.

A Socially Just Society = all of our members are physically and psychologically safe, secure, recognized and acknowledged, and treated with respect.

HATE CRIME VICTIMS

People targeted by hate-motivated crime in Ireland are usually:

Ethnic minorities
(racist hate crimes)

Religious minorities
(religious hate crimes)

Lesbian, gay, bisexual
(homophobic hate crimes)

Transgender
(anti-transgender hate crimes)

People with disabilities
(Disablist hate crimes)



Class Activity

[I Am Not Alone Game](#)

[Equity Game](#)



SPORT
CAN MAKE THE WORLD
A BETTER PLACE

3. Respect & Equality In Sport

“Sport Has the Power to change the world.” — Nelson Mandela

Class Questions & Discussion

Discuss the following

How do you think sport change the world?

What makes the Olympics special?

Is it important that we demonstrate respect for each other and people from different cultures?

Should every athlete be treated fairly no matter where they are from?

Why is respect important when we participate in sport and play?

Sport has always been a bridge between all nations, all cultures, all creeds. Diversity, fair play, and respect in the Olympics is essential- central to the success and popularity of the games.



Class Physical Activity

[Line Up Game](#)

4. Fair Play



Class Questions & Discussion

Think of time you played a game and someone cheated.

Think of a time you played a game and you cheated.

How did it make you feel?

How did it feel to win while cheating?

Why is it important to respect the rules of a game?

4a. Fair Play



[Watch the video](#)

British Athlet talks about getting her Olympic medal 11 years after the fact. (8m14sec).

4b. Fair Play



[Watch the video](#)

Irish Olympian + World Champion Rob Heffernan was upgraded to an Olympic bronze medal in 2016 after 4 years after the London Olympics. (2mins)

4c. Fair Play



[Watch the video](#)

Olympic Gold Medallist Becky Scott on how she has become part of the solution to stop cheating in sport. 3min10sec.

4d. Fair Play Reflection



Class Questions & Discussion

How do you imagine you would you feel if you were cheated from an Olympic medal?

What did you think about the athletes' responses in the videos you just watched?

Were you surprised by anything?



5. Respect For The Environment

What does sustainability mean?

How can your school increase sustainability and respect for the environment?

(Create a list for your classroom.)



Class Questions & Discussion

Break into small groups and read about different IOC initiatives that increase sustainability at the Olympics.

Share your findings with the class.

www.olympic.org/sustainability

[Tokyo Sustainability](#)

[Village Plaza](#)

[Case Study Rio](#)

[Paris – A Responsible Project](#)