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Ring 4a: Respect

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

Write your answers to the following questions:

What makes you unique? How do you want to be remembered? What would you want your biography to be entitled?

2. Respect for Others

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

Write your answers to the following questions:

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.....

Discuss

- 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.

Reflection on Online Bullying:

- 77% of teens think they are less authentic and real online than in person. How do you act differently 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 without social media? What would the drawbacks of growing up without it?

3. Respect in Sport

“Sport has the power to change the world” - Nelson Mandela



Discuss: Do you think sport can change the world? Why? How? Why not?

4. Fair Play in Sport

Reflect on the videos of Goldie Sayer, Rob Heffernan and Becky Scott.
How would you feel if you were cheated from an Olympic medal? What did you think about the athletes' responses? Were you surprised by anything?

5. Respect For The Environment



Class Discussion: 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 interesting findings with the class.

- www.olympic.org/sustainability
- [Tokyo Sustainability](#)
- [Village Plaza](#)
- [Case Study Rio](#)
- [Paris – A Responsible Project](#)

