

# CHARACTER COUNTS! SM

## "South of the Border Casserole"

- 1 1/2# ground beef browned, drained
- 1 pkg. taco seasoning
- 1 cup water
- 1 cup sour cream
- 3/4 cup mayonnaise
- 8 oz. cheese (cheddar or american)
- 1/3 cup chopped onion
- 1 jalapeno pepper chopped
- flour tortillas

Cook ground beef, taco seasoning and water according to directions on seasoning. Combine sour cream, mayonnaise, half the cheese and onion. Set aside. Place flour tortillas in bottom of 7 x 11 pan and half way up the sides. Starting with beef mixture, layer beef, sliced fresh tomatoes, chopped green peppers and jalapenos, then sour cream mixture. Top with remaining cheese. Bake at 325 degrees F. for 30-40 minutes

### RESPECT for Diversity

Sources: Josephson Institute of Ethics, Marina del Rey, CA.  
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50 cents each

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# RESPECT

Do you remember the song that Aretha Franklin sang called "R-E-S-P-E-C-T"? She sang about how we want people to treat us. All of us need and want the chance to be ourselves and make our own decisions. We want to be treated in a decent and polite way and be accepted by the people we know. Do you remember Rodney Dangerfield the comedian? He always joked, saying, "I can't get no respect"! He was being funny about the way people treated him.

What does it mean to you to have respect for someone or some thing? Do your friends and neighbors respect you? Do you respect your co-workers and the people you know? Let's look for a moment at pillar number two of The Six Pillars of Character SM.





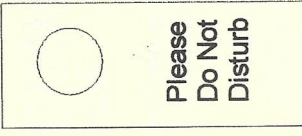
“RESPECT” involves treating others with respect. It means you will follow the Golden Rule. The Golden Rule says that you will “Do unto others as you would have them do unto you and love your neighbor as you love yourself.”



In following the Golden Rule you will first think about and then follow through with what you will do. In thinking about “do unto others”, you can decide if what you are about to do is ethical or if it will really hurt someone. This way of thinking can help you through some very difficult situations.

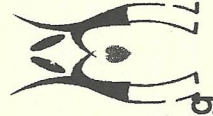
The Golden Rule allows us to put ourselves in the place of those who will be helped or harmed by what we are about to do. It helps us understand that we must treat others like we would want to be treated in the same situation. In other words, if you don't want someone to lie to you or deceive you, don't lie to or deceive others.

The Golden Rule says to love your neighbor as you love yourself. This word “love” means caring about them. It means being kind and considerate.



Respect also means that you will let other people have a little privacy. Privacy, however, is not an absolute right. There are times when it is very proper and legal for parents, teachers, and police to invade privacy to make sure you are making good decisions.

Respect means that you will give others the information they need to make decisions about their lives. Can you make a right decision if someone is withholding information that you need in order to make that decision? Sometimes you might need to give someone else information to help them make the right decision?



Respect means accepting individual differences. Is everyone exactly like you are? No, we are all different. We should not judge people by their race, religion, nationality, gender, physical or mental condition or by their social status or how much money they have.

Ethical respectful people don't insist that everyone be just like them. They value others and they build up others. They help other people value themselves.



## RESPECT



Let's look for a moment at several quotes about respect. Take a minute to reflect (*think*) about each one and then I will ask you what each one means to you.

"You must be the change you wish to see in the world" --Mohandas Gandhi

"Rudeness is the weak man's imitation of strength." --Eric Hoffer

"Never look down on anybody unless you're helping him up." --Jesse Jackson

"You wish to see, listen. Hearing is a step toward vision." --St. Bernard

### Ethical Decisions

1. At work, at school, or at a meeting, three of your friends make fun of another person. They make insulting comments about the person's appearance and family. It is obvious that the person who they made fun of is hurt and embarrassed. What would you do? (*give participants time to answer*)
2. You are hurrying to get somewhere. In your haste you accidentally bump into someone causing them to drop the stacks of papers they are carrying. What would you do? (*give participants time to answer*)

In both situations what are some things we should not do? (*give participants time to answer*)

This center section is your discussion guide. Use it after you have read the outside section. Then give each participant a brochure to take home.



When you treat people with respect, you:

- <> look directly at them
- <> use a pleasant tone of voice
- <> use words or phrases that don't embarrass or degrade them
- <> say exactly what you mean (*don't expect people to know what you're thinking*)

Do you know what the word conflict means? (*give participants time to answer*)

The dictionary defines conflict as a fight or struggle, especially a long one; battle; a direct opposition; disagreement; clash. There was a conflict of opinion over the best way to raise money for the group. (A synonym, a word that means the same thing, is strife or discord.



When a conflict arises--slow down, proceed with caution, and be ready to stop! Take a deep breath and count to 10.

Then look at the situation from the other person's point of view. Try to feel what they are feeling. Ask the person questions to help you understand what they are thinking. Ask questions like: What are you upset about? Do you feel angry?



Fighting never solves anything. Fighting is not always a physical act but sometimes is done with your voice and words. It is possibly a quick fix, and a victory for the strongest or the loudest, but not a lasting answer for the problem.

Can you think of a time when a conflict arose and it was settled by fighting? (either by force or with words) How did you feel when it was over? How do you think the other person felt? When you settle something this way do you think it shows respect for those who are involved?

Can you think of a time when a conflict arose and it was settled by each person showing respect for the other by talking together and listening to each other? How did you feel about that? How about the other person? Did you feel that each of you won a part of the conflict? Or did you agree that you both just have different views on the subject?

Sometimes you choose to, or you have to, share a room or other space with another person, and don't have all the privacy you might want. But even in that situation, you can give the other person privacy by not asking too many questions and not touching their possessions without permission. Can you think of a time when it would be proper for parents, teachers, and police to invade someone's privacy?

You should also respect other people's time. When you phone or stop by to visit, ask if it is a good time to talk or visit.

## THE GOLDEN RULE

The Golden Rule is a measuring stick for us. Every day we need to measure up when we "Do unto others as you would have them do unto you and love your neighbor as yourself".

- <> Respect other people
- <> Respect things, whether or not they are yours.
- <> Everyone deserves respect
- <> We show respect and teach responsibility by providing everyone, including maturing in children with the opportunity to participate in decisions that affect them.

We need to think about respect when dealing with a person with a disability, elderly people, or a sick person. Sometimes we don't talk directly to them but talk to a caretaker, staff person, or attendant. We need to take care to include these people in the conversation, not talk about them as if they were not there.

Do you remember the "Magic Words"? "Please", "Thank you" and "Excuse me". Using these words lets others know that they are important and entitled to respect. Use them often.

"If you show some respect for people as they are, you can be more effective at helping them become better than they are." --(John Gardner)

*You don't have to be sick to get better!*