

Rights, Responsibilities and...

RESPECT

Everyone has the **RIGHT** to be treated with respect , to raise issues for discussion , to say 'no' , to be safe.

It is our **RESPONSIBILITY** to treat everyone with respect.

WHAT IS RESPECT?

Respect is thinking and acting in a positive way about yourself or others. It involves thinking and acting in a way that shows others you care about their feelings and their wellbeing.



What is a good recipe for a respectful relationship?



✨ Here are some 'key Buddhist ingredients' ✨



Trustworthiness (Saddha)
-Does what they say they'll do

Tolerance (Kshanti) –
patiently accepts
difference and distress
without anger

Compassion (Karuna) –
thinks of how others are
feeling

Equality (Upekkhā) –
Treats people fairly



Kindness (mettā)– listens,
cares and makes you feel safe

Honesty (Sacca) – Open
communication, loyalty

Generosity (Dāna) – provides
support and appropriate
praise or compliments

Deals with disputes (Viggaha)
through negotiation and
compromise, disagreeing in a
polite way.



Can you think of more ways in which we can build respectful relationships?



Help your friends understand the importance of respectful relationships by explaining its relevance to the world.

