

Name \_\_\_\_\_

## Understanding Self-Respect

### Multiple-Choice Questions

1. What does self-respect mean?

- A. Thinking you're better than others
- B. Always being perfect
- C. Valuing yourself and treating yourself kindly
- D. Letting others decide what's best for you

2. How does self-respect help in relationships?

- A. It shows others you value yourself
- B. It makes others think you're better than them
- C. It stops people from making mistakes
- D. It means you always agree with others

3. Which of the following is an example of setting boundaries?

- A. Letting a friend copy your homework
- B. Saying no when something feels wrong
- C. Ignoring your feelings
- D. Doing whatever others want

4. What is one way to build self-respect?

- A. Comparing yourself to others
- B. Expecting to never make mistakes
- C. Ignoring your goals
- D. Listing things you like about yourself

5. What is a benefit of self-respect?

- A. It guarantees you'll never fail
- B. It makes you popular
- C. It helps you believe in yourself
- D. It means you'll never have to say no

