

Name _____

Understanding Self-Respect

Short-Answer Answer Key

1. Self-respect helps you stand up for yourself or say no to things that aren't right.
2. Setting boundaries protects your feelings and shows that you value your time and effort.
3. Positive self-talk helps you learn from mistakes and reminds you that it's okay to grow.
4. Eating healthy, getting enough sleep, and staying active show you value your well-being.
5. Achieving small goals makes you feel proud and builds confidence.

