

Name _____

Understanding Self-Respect

Open-Ended Questions Answer Key

1. Self-respect is important because it helps you make good choices, stand up for yourself, and feel confident. When you respect yourself, you are more likely to take care of your well-being and build strong relationships with others.
2. I showed self-respect when I told a friend that I didn't want to do something I felt uncomfortable with. It was hard, but I felt proud of myself for standing up for what I believed was right.
3. When someone respects themselves, they seem confident and happy. They usually make good choices and don't let others take advantage of them. It's inspiring to see someone who values themselves.
4. I would tell my friend to focus on the things they like about themselves and set small goals they can achieve. I'd also remind them to treat themselves kindly and not compare themselves to others. Surrounding themselves with kind and supportive people can help, too.

