

Respect: Cultivating harmony in our interactions



Counsellor's Newsletter

**YOU CAN'T
FORCE SOMEONE TO
RESPECT YOU, BUT YOU
CAN REFUSE TO BE
DISRESPECTED.**

Anonymous

<https://www.elitecolumn.com>

As the quote suggests, our behaviour and interactions with people reveal who and how we are. What are our thoughts, emotions and beliefs? Do we listen to what we say? Do we allow people to affect our behaviour? According to the locus of control model, we can only change the situations which are in our hands, and not the ones which are out of our control. How other people think about us and how they react is their perspective. Others' perspective of us differs from ours. The combination of these questions and expectations highlight how we "RESPECT" each other.

Respect is an attitude we manifest while thinking, communicating and responding. Our behaviour or traits are the manifestation of a belief and an attitude, which means that the belief/attitude needs to exist first in order to be manifested. State of mind is usually a momentary reflection of beliefs and attitudes. Respect can be applied towards everyone everywhere – so it's not a state of mind, it is opinion. Respecting is a conscious choice we make!

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Responsible for your actions
Expect to give your best
Speak kindly to others
Pride in your actions
Encourage one another
Come prepared to learn
Treat others as you want to be treated

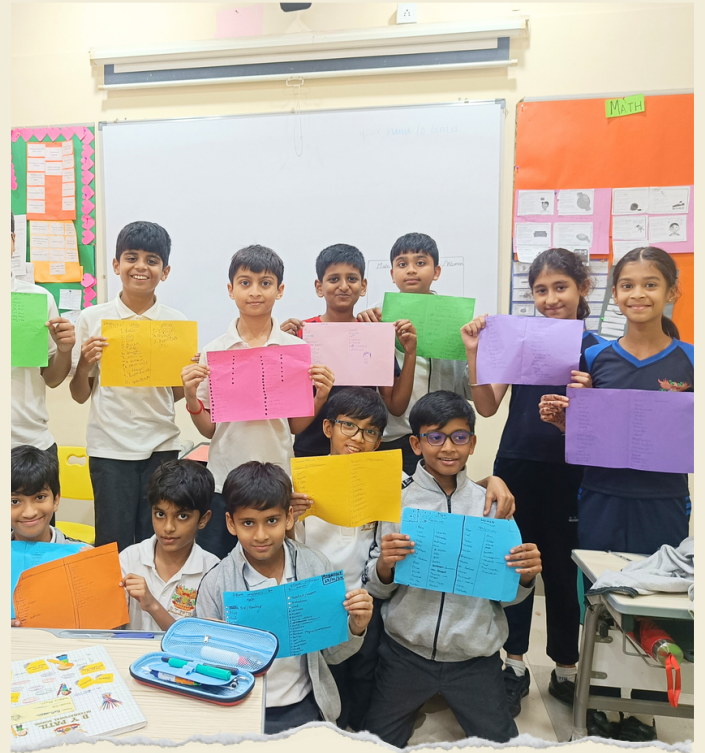
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It is easy to “React” rather than “Respond”. It takes courage to “respond” to the situation because we analyse and then we say things about the other person considering their relation to us, age, and position in our life. Irrespective of age, relationship and their place in our life, we should all respect each other. Everyone needs to feel that they are significant and valuable. Therefore, in school we support our learners to build their mindset towards respecting one and all.

At DYPIS, we believe that soft skills development is essential to develop social interaction, relationships, self-management and self-regulation skills. We explicitly teach these skills to learners in wellness sessions. Our young learners in the EYP section need to know the importance of body awareness, gender equality and becoming a good listener. We explicitly teach them to be aware of their surroundings and to recognize appropriate and inappropriate gestures. It is necessary for us to teach our learners to understand the behaviour of self and others at this age, so that the quality respect for self and others is ingrained from childhood.



In the PYP section, we see a variety in the way our learners think. Every learner has a different perspective to look at things or situations as per their upbringing, experiences and capabilities. Through our sessions, we attempt to build the foundation of their thoughts, ideas, feelings and how they can express themselves positively and regulate their behaviour. This promotes a respectful environment in the classroom and enables them to implement these skills in their daily routine.



Teenage and young adulthood is a stage where learners tend to be adamant and stubborn about wanting to do as they wish. This gets transferred to regular displays of disrespect and disobedience. At this stage they focus on themselves and develop the concept of “me”- identity of self very strongly. It becomes challenging for learners and parents to maintain cordial relationships with each other. Hence, parents and learners face issues. To guide learners, we conduct self-awareness and self-management sessions.



Learners display their traits consistently in all environments. As a parent, it is challenging to handle children and maintain equilibrium and mental peace. Children undergo physical and emotional changes by the age 8-10 years. Understanding this need, we conduct sessions on “handling pre-teens smartly” in school. The idea is to create awareness in our parents on how to handle difficult situations and have some necessary but uncomfortable conversations with their child to enhance respectful environment at home and value each other.



For parents to support their children at this age is vital as these are their crucial years of growing up. Here are some tips:

| LESS EFFECTIVE: | MORE EFFECTIVE: |
|-----------------------|--|
| STOP IT! | I see you are having a hard time stopping. I can help you. |
| STOP CRYING | It's ok to feel sad. Do you need a hug? |
| STOP SCREAMING | Let's take a few deep breaths then we'll figure this out together. |
| BE QUIET | Please use a softer voice like this. |
| YOU'RE FINE | Are you okay? |

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10 TIPS FOR COMMUNICATING WITH YOUR TEEN

- Listen to what they are saying and what they are not!
- Observe their moods and behaviors.
- Remain calm and non-judgmental.
- Share your experiences and how you handled situations.
- Spend time together to create a bond.
- Acknowledge them as individuals.
- Consider their point of view.
- Don't make light of any situation – it may be important to them.
- Be positive and give praise.
- Ask open-ended questions.

tutor doctor
How learning hits home.

<https://i.pinimg.com>

Imbibing the positive attitude and perspective of respect right from childhood is necessary to develop wise thinkers and responsible citizens. This will create an environment where everyone will be treated equally. Being in such a surrounding supports learners to be more receptive, accepted and respected. Let's create a world where everyone feels valued. Let's start with self!



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