



SEVEN PROJECT

STUDENT DISCUSSION GUIDE

SELF-RESPECT

Discussion Guide

Use these tips and the questions that follow to facilitate a discussion on character:

- Use the first 2-3 questions to warm students up and help them feel comfortable responding.
- Encourage students to open up and share personal experiences when appropriate.
- Keep the discussion focused on the topic at hand.
- Keep the discussion positive and encouraging; discourage negative comments toward any person.
- Don't be afraid of silence. Give students a few seconds to form a response. If no one responds, give your own response to the question then ask someone directly to give their opinion.

Discussion Questions

How would you define self-respect?

How do you show respect to others?

How would you show respect to yourself?

What are some of the noticeable differences between people with self-respect and those who do not respect themselves?

Eleanor Roosevelt said, "No one can make you feel inferior without your consent." What might keep a person from having self-respect?

Mark Twain is quoted as saying, "The worst loneliness is to not be comfortable with yourself." Can you respect yourself if you don't like yourself? Why or why not?

Can you expect others to respect you if you don't respect yourself? Why or why not?

What advice would you give to someone who is struggling with a lack of self-respect?