



RELATIONSHIPS WITH RESPECT

Define RESPECT:

Define DISRESPECT:

SELF-CONTROL DEFINE SELF-CONTROL

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What does it mean to treat another person with respect?

Even if you're not friends with a person, is it okay to treat that person with disrespect?

How can you speak respectfully to somebody that you don't really like?

How could SELF-CONTROL help relationships?



Discussion Point:
What's the difference
between liking a
person and respecting
a person?

If you can't say
anything nice, don't
say anything at all!

YOUR WORDS: TO BUILD UP OR TEAR DOWN?

If you think about it, our entire lives are kind of like construction projects, in which we are daily being "built" into the person we're meant to be. All of our relationships can either be CONSTRUCTIVE, helping to build us up, or DESTRUCTIVE, working to tear us down.

Constructive Relationships

Think of some CONSTRUCTIVE relationships in your life – the relationships that build you up as a person, helping you become the person you want to be.

Who are those people in your life:

Destructive Relationships

Now think of any relationships in your life that have felt like they were tearing you down (making you feel down, depressed, angry, less valuable than others).

List any of those:

The same goes with WORDS. Words, like relationships, can also help to CONSTRUCT our lives by building us up or DESTRUCT our lives by tearing us down.

What kinds of words are constructive?

What kinds of words are destructive?

When have you spoken destructive words about or to another person?

When has somebody spoken destructive words about or to you?

If you need to give some criticism, can you do so in a way that is constructive and kind without tearing a person down?

What is Constructive Criticism?

Criticism or advice that is useful and intended to help or improve something, often with an offer of possible solutions.



What kinds of comments/actions do you consider bullying, and which don't you consider bullying?

- Making fun of someone's weight
- Telling someone they are stupid
- Forwarding inappropriate or private pictures of someone else
- Updating your Facebook status with comments about others
- Laughing at a person
- Excluding a person from your group
- Pressuring someone to do something they think is wrong
- Pushing someone
- Turning your back to someone / excluding them from conversation
- Making jokes about another person
- Scoffing at another person when he/she is talking
- Taking a friends' cell phone and sending texts on their phone
- Writing anything on someone's Facebook wall for all to see that could hurt or embarrass that person

Define BULLYING:

CLASS
DISCUSSION
POINT:

DO
BOYS & GIRLS
BULLY
DIFFERENTLY?



Is bullying an issue at your school?
If so, what types of bullying do you see at your school?

As a child you likely knew the rhyme:
"Sticks & stones may break my bones but words will never hurt me."

Is this true? Do words hurt?

FRIENDS DON'T LET FRIENDS BULLY!

TECHNOLOGY & BULLYING

Do you think people use technology/ electronics to bully others? If so, how?

Do you think things are said via Facebook/ texting that wouldn't be said to someone's face? Why is this?

If everyone read their texts/Facebook entries OUT LOUD before sending them, do you think cyber-bullying would decrease?

According to Urban Dictionary, one definition for bullying is:

"The greatest form of entertainment in America"

Do you agree with this? Explain why / why not.



SEXTING

Define SEXTING:

Does Sexting occur at your school?

Is sending an inappropriate picture of someone else a form of bullying? Why or why not?

IT IS NOT SAFE OR WISE TO SEND INAPPROPRIATE PICTURES/ VIDEOS OF YOURSELF VIA TEXTING, FACEBOOK, EMAIL, ETC.

PONDER THIS:

If you send a naked picture of yourself (or half-naked, provocative, sexual, etc), it will be around your school in no time. So, before sending that picture, imagine yourself walking through the lunchroom totally naked. It's basically the same thing—everyone will see you naked. You do not want that to happen. You are far too valuable! Respect yourself!

JOURNALING

Please write about a time when you were being bullied:

What happened?

How did it feel?

Did anyone stand up for you?

Did you tell an adult?

Are there any life skills that you are learning through saving sex for marriage & making healthy choices that will also help you endure or overcome a bully?

Are there any life skills that you are learning through saving sex for marriage & making healthy choices that will help you resist becoming a bully?

From: The Bullying Must Stop Now
Facebook page:

“Bullying is an act of repeated aggressive behavior in order to intentionally hurt another person physically or mentally. Bullying is characterized by an individual behaving in a certain way to gain power over another person. Victims of bullying can suffer from emotional and behavioral problems. Bullying can cause loneliness, depression, anxiety and low self-esteem and also susceptibility to illness.”

BEING BULLIED?

If you are being bullied or have been bullied in the past, it is NOT your fault. You are a unique person on the planet — the only you that has ever existed on planet earth. You are a person of great value! Your current situation — middle school or high school — will not last forever. Do NOT let bullying define you. This too shall pass.

STOP THAT BULLY!

What are ways that you can stop bullying?

- 1. First of all, be aware of bullies that surround you, or of ways that you might be bullying others. If you see a friend bullying someone else, you need to tell that person that they are being a bully. "Friends don't let friends bully others."*
- 2. Self-Respect and Respect for others – each person is born with inherent value, and no person is WORTH more than another person. Understand your own personal self worth and the self worth of every other person.*
- 3. Self-Control – when you have an impulse to bully another person or do anything that would exalt yourself over another, exercise self-control and STOP. It takes no strength to bully another person. It does take strength & character to STOP bullying or to fight the urge to bully.*

Cell Phone Exercise:



Everyone pull out their cell phone for some investigation of your own texts.

Scroll through your SENT MESSAGES until you have gone back a full week. Now, take 10 minutes and read through every single text you have SENT in the last week. Read your texts as if someone were telling YOU what it says (instead of you telling whomever you sent it to).

Be honest with yourself. Do any of your texts sound mean? Degrading? Hurtful?

CHALLENGE: THIS WEEK, EVERY TIME YOU SEND A TEXT, READ IT OUTLOUD BEFORE SENDING IT. IF IT'S UNCOMFORTABLE TO SAY THE WORDS OUT LOUD, DON'T SEND IT!

The same goes for Facebook. Every time you put anything on Facebook, make certain that what you post is something that you are comfortable saying FACE to FACE to the person.

REALITY TV DISCUSSION POINT:

Think about the shows you watch on TV. What relationships within those shows are CONSTRUCTIVE?

What relationships within those shows are DESTRUCTIVE?

Do you think there's a lot of bullying that goes on in Reality TV?

How about music lyrics?
Constructive or destructive?