



RESPECT OTHERS ©

(Value #7: Respect for Life)



Description

Almost everyone has heard this saying: “Do unto others as you would have them do unto you.” In simple English, that means: Treat other people the way you want to be treated. That means:

- Being kind
- Being a good listener
- Taking the time to learn about other people
- Trying never to hurt anyone else. That means not hitting or punching another kid. But it **also** means not saying mean things – which is hurting someone with **words**.

Treating other people well means you treat them with **respect**.

But **Respect for Life** doesn't just mean respect for **people**. It means respect for **other things**, like:

- Animals, whether it's your pet dog or a stray cat, or an animal at the zoo.
- Trees, flowers, rocks and everything in nature.
- Treating people with respect and dignity who labor in all types of jobs and careers.

It also means respect for **yourself**.

Example from Cesar's Life

When we respect people, we treat them with dignity. Before Cesar formed the UFW, farmworkers were not treated with respect. Often, the growers (ranch owners) treated the workers no better than they would treat a farm animal or a machine.

Cesar knew that respect was as important to the farmworkers as having enough food to eat.



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In UFW meetings, every worker had a say. Anyone could voice an opinion. That's **democracy**. It means everyone is equally important, and everyone gets to vote.

Once the UFW won elections, the growers had to sit at a table with the workers and listen to them. They had to treat the workers as equal human beings.

By being respected, the workers gained a sense of pride. And, Cesar had equal respect for those who worked in restaurants, hotels, house cleaning and other similar types of work. He felt that all those who work hard supporting their families deserve the utmost respect, especially if they worked jobs that didn't pay well. Cesar knew that many of these workers worked two or more jobs to provide for their families.

Examples from Your Life

Maybe you have a pet you're fond of. You take good care of your furry friend, feeding her when she's hungry, and making sure she isn't left outside when it's cold. You're thinking about how your pet **feels**, and that's treating her with respect.

Now, suppose your class is on a field trip to the zoo. Everyone's watching the tiger dozing behind the fence. A couple of kids start whooping and hollering at the tiger, waving their jackets in its face. The tiger gets upset and angry, because he feels threatened.

Those kids are **not** treating the tiger with respect.

Activities:

- Talk to a kid you don't think you like. Look for something to respect – the way he dribbles a ball or how smart she is at math.
- Are there things about yourself that sometimes you don't like? Maybe you don't like the freckles you get in the summer. Or how hard you have to work to get good grades in English. Tell yourself you're terrific anyway. That's **self**-respect.
- Go out for a walk in nature and notice all the sights, sounds and smells. Hear the birds, watch the bugs up close, observe what plants are in bloom.
- The next time your brother or sister bugs you, don't hit, and don't say anything mean. Hold back out of respect.

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The Ten Values of Cesar Chavez

1. **Teach Someone** (Service to Others)
2. **Sacrifice for Others** (Sacrifice)
3. **Help Someone** (Help the Most Needy)
4. **Si Se Puede** (Determination)
5. **No Violence** (Nonviolence)
6. **We're All Different** (Accepting of All People)
7. **Respect Others** (Respect for Life)
8. **Be Proud** (Celebrating Community)
9. **Knowledge Is Power** (Knowledge)
10. **Be Creative** (Innovation)



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RESPECT OTHERS PLEDGE

“I will try every day to respect life in all its forms. That includes treating people kindly and respecting their property, even if I don’t know them or they are very different from me. And it includes treating animals well and all the living creatures that cross my path. I will be aware of the beauty of nature, including trees, plants, and the fruits and vegetables I eat. People who work hard to provide for their family also deserve utmost respect and appreciation.

I will practice self-respect, learning to accept myself just as I am. Finally, remembering that respect grows with knowledge, I will try to learn more about myself, other people, animals, and nature.”

Sign here after saying pledge: X.

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