

Respect Means I give myself and others the right to:

- Space and privacy (e.g., knocking on doors before entering, not opening one another's mail, respecting each other's needs for quiet and space)
- Be different (e.g., allowing preferences for food, movies, volume of music, and how we spend our time)
- Disagree (e.g., making room for each person to think and see life differently)
- Be heard (e.g., listening to each other's desires, opinions, thoughts, feelings, etc.)
- Be taken seriously (e.g., listening and being present to one another)
- Be given the benefit of the doubt (e.g., checking out assumptions rather than judging one another when misunderstandings arise)
- Be told the truth (e.g., counting on the truth when asking each other for information)
- Be consulted (e.g., checking and asking when decisions will affect others)
- Be imperfect and make mistakes (e.g., leaving "room" for breaking things, forgetting things, letting each other down unintentionally, failing tests when we have studied, etc...)
- Courteous and honorable treatment (e.g., using words that don't hurt, asking before using, consulting when appropriate, treating each other as a valuable gift from God)
- Be respected (e.g., taking one another's feeling into account)

Abuse is the opposite of respect. Abuse is when a person is not allowed to have or to express their feelings, opinions, or ideas.