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**Respect yourself first,  
respect others and they  
will respect you.**



# Discussion Points

- How do you show respect yourself and others?

**RESPECT |**



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**I tell my children..."Your body is a sacred place so respect it, look after it and don't allow others to use or abuse it!"**

# Discussion Points

- How do you teach your children to respect themselves?
- Who are the role models in their life?
- What things do they teach them?

**RESPECT |**



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**Respect your elders at all times coz they are the keepers of the cultural knowledge, ceremonies, language and carry wisdom through lived experience.**



# Discussion Points

- Who are your Elders?
- Share a story of your Elders and something they taught you growing up.

**RESPECT |**