

RESPECT

SUPER SKILLS

WHAT IS

Respect, thinking, and acting positively about others and ourselves (self-respect) means caring about how our actions impact others, being inclusive, and accepting others for who they are, even when they are different.

Respect starts with confidence and is linked with empathy, compassion, integrity, and honesty.



Respectful children manage social situations in a positive way.

Respect (for others and oneself) is an important component of effective communication, healthy relationships, and work and life achievements.

Respect prevents bullying and other aggressive behaviors. Bullying is a predictor of academic and professional failure, aggression, violence, and substance abuse.

Respect is essential for societal development, including for educational, professional, economic, and scientific progress. Disrespect undercuts communication and collaboration and causes unhealthy environments for all.

When we feel respected, our brain releases the feel-good neurochemicals oxytocin and serotonin, and disrespect releases stress neurochemicals such as adrenaline and cortisol.

WHY RESPECT MATTERS



Did You Know?

The best way to teach children respect is to act respectfully towards them and others. Active listening and empathy are key in fostering and expressing respect.

Respect is one of the Super Skills promoting Social and Emotional Learning (SEL).

**Listen
FIRST**

THE SCIENCE OF SKILLS

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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