## Code of Respect 101

- Say good things, think good things, and treat people well
  - o Brings respect to you and to others 101%
- Do not lie, cheat, or steal
  - o Honesty is always the best decision
- No bad language
  - o Cursing does not benefit anyone
- Respect yourself and others
  - o Makes you feel good about yourself
- Forgive and ask for forgiveness
  - o This brings you good health

## Possible consequences if not followed

- Not saying good things, not thinking good things, and treating people poorly
  - Will bring disrespect from others
- Lying, cheating or stealing
  - o Bad decisions in life and low self-esteem
- Bad language
  - o Others will have less respect for you
- Not respecting yourself and others
  - o More likely to make poor choices in your life
- Not forgiving and not asking for forgiveness
  - Will cause you more harm than good in your life

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