



Respect Exercise

- A. Respect. Respect is a major issue in most of our lives. It can be a life-and-death issue within certain communities. This module covers respect and selfless giving.**
- 1. The students are asked if they know anyone who was hurt because he was disrespectful. About 85% will raise their hand. The students are then asked if they ever hurt anyone because someone treated them with disrespect. Again, about 85% raise their hands. The students are then told that they will be told about a method that will cause people to force respect on them. The activity should be done in secret, and when people find out about them, they will insist upon respecting the person doing the exercise. This method is also the key to happiness.**
 - 2. Volunteer work – The student is told:**
 - a. Think carefully about what he likes to do. It could be reading, playing cards, working with his hands, and so on**
 - b. Do that activity as a volunteer for four hours a week. Find the nursing home, church, or community center that needs help and do the activity.**
 - c. Try it for eight weeks and see if he is happier and if people respect him more. If not, forget about the project.**
 - d. The student is told not to do this to please God. It's pointed out that all the great religions urge this type of behavior. This exercise should be**

approached as a psychological/social experiment to see if the experience is beneficial. If it is done to make God happy, it is being done for a reward, for a purpose other than its own sake, and it won't work.

- e. Some of the students will already have done volunteer. Encourage them to share their experiences. Ask them if they got more respect. Ask them if they felt happier. Ask them about the effect it had on their self-esteem.**
- f. It can be pointed out that this activity is modular and will work even if they decide to engage in criminal activity. If they choose to continue to sell drugs but do the volunteer work as well, they will be happier and more respected than if they didn't do the exercise.**