



Mental Health in Schools Team Tips For Wellness



Respect

Respect is important in our lives because it helps us develop a sense of self-worth and improves our general wellbeing. This in turn will enable us to develop healthy relationships with others and an environment where everyone feels valued and heard. As we grow, respect is a crucial life skill we need to manage our emotions and resolve conflicts peacefully.

When you respect yourself, this enables you to be open to new opportunities that will help you reach your personal goals. If you feel confident in your own worth, you are more able to recognise when others are not treating you well. *Scan the QR code below to watch a video about Maslow's hierarchy of needs!*

Our tips for respect:

1. **Listen** to each other's point of view and recognise that it is OK if you do not agree with someone else's opinion.
2. Try to keep discussions about the topic and not about the people who are sharing their views.
3. As a class, **create an agreement** and list the ways you would like to be respected by each other in school. You could all sign your name and pin this on the classroom door to remind you about how to be respectful!
4. **Create a poster** about how you can show respect outside of the classroom too. Think about what you could do at home and in the community.
5. **Respect role-play!** Practice respect by imagining how someone else might feel in different situations. Think about how actions and words might affect others.
6. **Talk to your friends** about what makes you unique. Focus on listening to each other and embracing each other's differences.
7. Listen to the '**respect rap**' by following the QR code and watching the video!



*Maslow's
hierarchy of
needs*



*Respect
rap!*

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.