

With the simple act of giving respect, you have the power to help prevent domestic violence, sexual assault and child abuse. Offer words of encouragement. Spend quality time with loved ones. Live by the Golden Rule. Pay attention to the details. Be a good listener. Trust. Don't judge. Call your mother. Always look for a solution. Sign the RESPECT! Declaration. Surprise somebody with a compliment. Find creative ways to show your appreciation. Focus on the person you are talking with. Love. Honor. Give. Listen to your teachers. Mind your manners. Take pride in your work. Mentor. Admire. Be positive. Give someone a RESPECT! Bracelet. Make time for family. Smile. Be a calming influence. Take a stand when you see something unjust. Think. Listen to reason. Jump through hoops for someone you love. Spend quality time with loved ones. Communicate. Don't intimidate. Tell them why you respect them. Be patient. Raise your own expectations. Listen to both sides of the story. Tip your cap. Invest with your values. Text RESPECT! Help someone who is struggling. Give people their space. Build your character. Expect respect. Keep an open mind. Give with your heart. Learn from your experiences. Walk a mile in someone else's shoes.

# 150 Ways to Give RESPECT!<sup>SM</sup>

[www.GiveRespect.org](http://www.GiveRespect.org)

Benefiting

**Family Violence  
Prevention Fund**

with proud national  
support from



Be on time. Teach children self-respect. Honor your commitments. Celebrate National RESPECT! Day<sup>SM</sup> on September 19, 2008. Empathize. Act on your values. Care for those in need. Sir. Ma'am. Mister. Miss. Be tolerant. Tell the truth. Take time for yourself. Maintain a positive attitude. Acknowledge another's accomplishment. Believe in the goodness within others. Lighten someone else's burden. Shop for a cause at Macy's on September 20, 2008. Support the ones you love. Teach children honesty. Go the extra mile for someone you respect. Help others identify solutions. Let them know how much you care. Volunteer your passion. Show compassion. Put things in perspective. Practice patience. Really try to understand where they are coming from. Recognize a job well done. Celebrate milestones. Send someone a RESPECT! e-card. Be ethical. Live with integrity. Teach dignity. Talk to your children about healthy relationships. Talk to your children about violence. Talk to your children about love. Talk to your children about responsibility. Talk to your children about RESPECT! Appreciate. Be true to yourself. Be a team player. Be generous. Know when to be silent. Shake hands, make eye contact. Stand up when someone enters the room. Lead by example. Think. Earn respect by giving it to others. Avoid gossip. Say "Hello" to a stranger. Allow others to express their opinions. Pay for your music. Make it a habit to give compliments. Set high expectations – they make people feel capable. Appreciate differences. Don't hold back information people need to make decisions. Don't laugh at someone else's expense. Don't marginalize people's feelings. Give others the benefit of the doubt. Think about what you're about to say before you say it. Be considerate. Trust yourself. Encourage children to express themselves. Engage others in the process; facilitate their investment. Ask someone how they are feeling. Don't subscribe to stereotypes. Seek understanding. Don't stare. Say please and thank you. Build confidence in others. Recognize that people have emotional needs. Share your values. Teach decency. Facilitate learning. Be a role model. Be optimistic. Be genuine. Don't bully. Cooperate. Collaborate.



**Support the cause by encouraging customers to buy a RESPECT! Bracelet.** Be sincere. Consider your tone. Respect people's need to be alone sometimes. Always be aware of how you treat others. Appreciate individuality. Model respect. Be fair. Ask someone for their opinion. Respect yourself. Disagree respectfully. Teach children independence. Resist the easy way out. Expect more from yourself. Let others know they make you proud. Instill pride in others. Value yourself. Choose your words carefully. Invest in prevention. Speak up when you see disrespect. Thank your children's teachers. Thank your children's coaches. Thank your children's mentors. Wear RESPECT! on your sleeve.