

# RELATE RESPECT CONNECT

Today your child took part in Life Education's 'Relate Respect Connect' module.

## What is it about?

Relate Respect Connect promotes building safe and respectful relationships both online and offline by:

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships and the importance of relationships to our own and others wellbeing
- Developing strategies to help maintain positive online and offline relationships
- Practising strategies to respond to unsafe or disrespectful situations online and offline



## Why is this module so important?

Relate Respect Connect addresses the awareness, knowledge, skills and attitudes that your children need to develop and maintain respectful relationships such as effective communication, development of empathy, prosocial values and emotional learning.

Encouraging your child to develop 'self-respect' means they are more likely to:

- manage their own behaviour well
- treat other people well
- self-protect
- demonstrate self-knowledge & self-confidence
- demonstrate self-trust

*"Our children need opportunities to learn how to treat others with respect helping them develop prosocial moral values. This creates a 'moral map' for them to use throughout their lives. Engaging in respectful relationships also assists student to create a self-perception of themselves as 'good people'. A school culture that promotes respectful relationships also facilitates and enhances engagement and learning."*

- Dr Helen McGrath

## So what next?

### TO DO:

Check out the parent tips helping your child to:

- develop self-respect
- make friends
- respond to disrespectful behaviours
- manage disagreement



And watch the videos - Safe and respectful relationships - The Life Education approach

### TO ASK:

- How could someone disagree with somebody respectfully?
- How do relationships keep us healthy?
- Why is it a good idea for people to stop and think before they text or post online?
- What are some times when a face to face conversation is better than texting or posting online?