

The Healthy Habit for weeks 1 and 2 is

RESPECT.

It is important to show respect to others

Respecting other people means treating others as you want them to treat you. It means you have to stop and think about the feelings and rights of others. Respect involves being polite and using good manners, not insulting or hurting others, not getting in the way of others when they are trying to do something, looking after shared property and the property of others, asking permission to use things that belong to someone else, and speaking in a polite tone of voice.

It is important to respect yourself

Self-respect is when you like and accept yourself. You believe that you matter and should be treated well by others. If you have self-respect then you also self-protect eg. You take care of yourself and keep yourself from harm. If you self-respect, you speak up when someone doesn't treat you respectfully.