

# Respect

## Explanation for Athletes

### What is Respect?

Respect means recognizing the value of others and treating them with kindness. It means making sure everyone feels valued, comfortable and safe. It's just as important to respect yourself as it is to respect others.



*"It's about treating others the way you want to be treated. Respect and empathy are key to being a good teammate."*

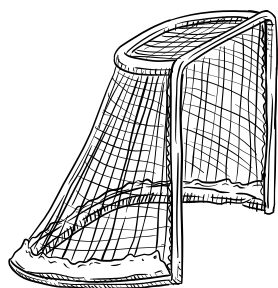
**Alex Burrows**, Montreal Canadiens

### Why is Respect Important?

Respect creates an environment where everyone can improve and have fun. It builds team spirit and helps everyone work better together. Respect is key to fostering positive relationships with other teammates.

A lack of respect can create tension within the group. When someone is treated disrespectfully, they may lose confidence in their abilities, lack motivation to practise, and feel stressed. It's the same for opponents and referees, too. Respect is key to building a supportive and positive environment in hockey.





# How can we Act Respectfully?

Respect is expressed through behaviours like politeness and honesty. Share some examples of respectful and disrespectful behaviours with your athletes.



## Disrespectful Behaviours

- |                      |                                |                                 |  |
|----------------------|--------------------------------|---------------------------------|--|
| Injuring an opponent | Being a sore winner or loser   | Humiliating, laughing at others | Insulting, putting others down         |
| Cheating             |                                |                                 |  |
| Breaking equipment   | Ignoring someone intentionally | Losing your temper              | Blaming a teammate for their struggles |
| Excluding a teammate |                                |                                 |  |

## Respectful Behaviours



- |                        |   |  |                                 |
|------------------------|---|--|---------------------------------|
| Helping your teammates | Encouraging your teammates during tough times | Apologizing, saying hello, saying thank you                      | Listening to others' advice     |
| Managing your emotions |   |  |                                 |
| Having fun, smiling    | Including everyone on the team                | Accepting the referee's calls, even if you don't agree with them | Following the rules of the game |
| Being a good sport     |   |  |                                 |

## Feedback and Discussions

**Reinforce:** When a player acts in a respectful way, congratulate them and explain how their behaviour makes a difference.

**Reteach:** If a player is disrespectful, explain how their behaviour affects others and ask them how they can correct their behaviour or do better next time.

Is your player being disrespectful because they're emotional? Try to help them manage their emotions before focusing on respect (see the *Managing Your Emotions* life skill).

Are they too focused on winning? Encourage them to concentrate on improving their skills and having fun, instead of just winning (see the *Development Mindset* life skill).

**Award the *Respect sticker*** to a player who has been respectful at practice or during a game, and explain what they did well.