

Respect



Explanation for Your Child

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."

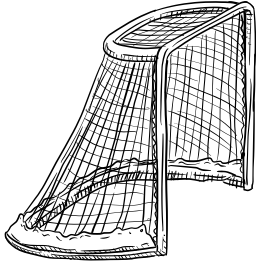
Alex Burrows, Montreal Canadiens

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 examples of respectful and disrespectful behaviours with your child.



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	Blaming a teammate for their struggles	Losing your temper
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			

"I think it's really up to the parents to teach respect."

Rafaël Harvey-Pinard, Montreal Canadiens



Feedback and Discussions

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

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

Is your child 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 being disrespectful because they're 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).