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In the *I'm on Board* program, coaches introduce players to life skills such as respect.

Your role is complementary: You can reinforce these lessons every day by recognizing respectful behaviour and discussing them with your child.

What is Respect?

Respect means recognizing the value of others and treating them with kindness. It involves choosing behaviours that help everyone feel valued, included, and safe. Respecting yourself is just as important as respecting others.

Key Words

- Recognizing the value of others
- Kindness
- Safety
- Self-respect
- Helping others feel valued



"Being a good teammate means caring about others and getting to know them as people—not just as hockey players."

Shea Weber, Montreal Canadiens

Why is Respect Important?

Respect is the foundation for building **positive relationships** within a team. It helps create an environment where everyone feels welcome, safe, and valued. It encourages **fun, trust, and teamwork**.

When people respect one another, they **work better together**, learn from each other, and help create a **positive experience** for everyone.

How to Reinforce Respect at Home?

You can support this learning by encouraging your child to:

- Greet others, say thank you, and apologize when needed
- Listen to instructions and feedback from others
- Encourage teammates during challenging moments
- Respect everyone's boundaries and differences
- Speak calmly when disagreements arise
- Show good sportsmanship in both winning and losing
- Ask for permission when appropriate
- Take care of equipment and the environment
- Respect the referee's decisions, even when your child doesn't agree with them

Concrete Examples to Discuss

- Thank the coach after practice
- Encourage a teammate after a mistake
- Congratulate the opposing team after a game
- Listen to someone without interrupting
- Take care of your equipment and leave the locker room clean
- Apologize after saying or doing something hurtful

Respecting Referees is Essential!

- *You can disagree with a decision, but make sure to speak calmly.*
- *Before you respond, take a moment to think. Acting too quickly can sometimes lead to disrespectful behaviour.*

Rafaël Harvey-Pinard,
Montreal Canadiens



Questions to Ask Your Child



- What makes you feel respected on a team?
- How can you show respect to your teammates?
- What can you do when you disagree with a decision?
- Why is it important to respect referees, even when you feel frustrated?
- Can someone be disrespectful without meaning to? How?
- How can you make things right if you have been disrespectful to someone?

By regularly talking about **respect** with your child and recognizing respectful behaviours in everyday situations, you help reinforce the messages shared by coaches and support the development of an essential life skill—one that matters both in hockey and in life.

Recognizing and Reinforcing Respect

- ☐ Point out moments when your child shows respect.
- ☐ Ask your child about the respectful behaviours they notice on their team.
- ☐ Encourage respect at home, at school, in sports, and with friends.
- ☐ Lead by example in your interactions with coaches, referees, other parents, and opponents.