

Respect

This tool is designed to help you introduce the concept of respect to your players. The first discussion is mainly intended to:

- Define what respect means in simple terms;
- Help players understand why respect is important;
- Identify respectful behaviours to adopt within the team;
- Prepare players for the strategies and mini-challenges that will be used throughout the season to reinforce respect.

What is Respect?

Respect means recognizing the value of others and treating them with kindness. It involves choosing behaviours that help everyone feel valued, supported, 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 good

"Being a good teammate means caring about others and taking the time to get to know them as people — not just as players."

Shea Weber, Montreal Canadiens



Questions to Start the Discussion

- What makes you feel respected on a team?
- How can you tell when someone respects you?
- Can someone be disrespectful without meaning to? How?

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.

Questions to Help Players Reflect on its Importance

- Why does respect help a team work better?
- How does a team act when players respect one another?
- What happens when people do not respect each other?



How can we Show Respect?

- Follow the rules of the game and instructions
- Have fun and smile
- Say hello, thank you, and apologize when needed
- Respect everyone's boundaries and differences
- Encourage your teammates during difficult moments
- Accept the referee's decisions, even when you disagree
- Show good sportsmanship in both winning and losing
- Ask for permission when appropriate
- Take care of equipment and the environment
- Listen to others' advice



Questions to Help Players Reflect on Respectful Behaviours

- What actions show respect on a team?
- How would you like others to show you respect in a group?

Respect for Referees is Essential !

- *You can disagree with a decision, but speak calmly.*
- *Before you speak, take a moment to think: reacting impulsively can often lead to disrespectful behaviour.*

Rafaël Harvey-Pinard,
Montreal Canadiens



After the initial discussion, the **goal is to keep respect front and centre** in everyday interactions with the team and during practices by reinforcing key messages, recognizing respectful behaviours, and providing regular opportunities for players to practice them throughout the season.

Check out the other life skills resources to help you!

- ☐ List of respectful behaviours to teach and reinforce
- ☐ Mini-challenges to help players practice respectful behaviours
- ☐ Examples of how to model respect and lead by example

And more!

