Respect
Building Character
Zoom Meeting Etiquette

• Let's see your whole face on the screen!
• Please use your name
• Please mute yourself unless otherwise instructed.
• Please don't have distractions, like a cell phone, on or near by
• Please share when asked.
• Please have something to write with.
Esteem involves both respect and admiration

Esteem derives from the word estimate which means to estimate or assess value of something

Admiration is holding someone in high esteem = giving them high value
What is Respect?

- Thoughtfulness or consideration
- A feeling of honor or admiration
- The consideration of the feelings, wishes, rights, or traditions of others
Who do you respect and why?
Why is Respect Important

• Helps us feel safe and express ourselves
• Respect means you accept others for themselves, even when there are differences in opinion
• Helps build relationships with trust, safety and wellbeing
• Is not something you gain automatically, you can learn to give it and earn it.
Respecting Yourself Is Important!

• Before you can respect others, you must first respect yourself.
• Show respect to yourself by accepting and honoring your own:
  • Emotions, skills, beliefs, abilities, challenges and body
Respecting Yourself Could Look Like This

8 WAYS TO TAKE CARE OF YOURSELF

1. Eat well
2. Get physical
3. Get some sleep
4. Learn to prioritise
5. Take a break
6. Maintain your own personal interests
7. Try a mindfulness practice
8. Look out for each other
A Culture of Respect is Needed Everywhere—Especially in Biomedical Fields

There must be respect for all members of health care team/research lab.

All patients deserve to be treated with dignity and have their value as individuals acknowledged.

All research subjects must be valued for their contribution to science.

Cultural competency is essential.
Reflection Questions About Respect

• Do you have to like someone to respect them?
• What happens if we don’t respect other people?
• Why is it hard to show respect sometimes?
• How would the world be different if everyone was more respectful?
• How can YOU be more respectful?
A message from Kid President.

https://www.youtube.com/watch?v=RwlhUcSGqgs
Contact the ORSO Team if you want more information

Dr. Irene Chapa
chapai@uthscsa.edu

Ms. Olga Coronado
coronadoo@uthscsa.edu

Ms. Tracy Castillo
castillot1@uthscsa.edu

Ms. Adriana Avendano
avendanoa@uthscsa.edu

visit our website at www.uthscsa.edu/outreach