

DECEMBER 2015

PARENTS PERCH

DIGNITY



Young students: We all deserve to be treated like we matter!

Older students/teens/adults: Treating ourselves and others like we are all worthy of care and attention.

WEEK 1 Dignity: What does it mean and what does it look like?

WEEK 2 Relationships: Connection, acceptance, inclusion, & fairness.

WEEK 3 Value and strengths: How can we recognize strengths in everyone?

WEEK 4 Celebrations & uniqueness: Holidays, similarities and differences.

Dear Family,

This month we will focus on the powerful word; “dignity.”

Dignity, the idea that everyone is born with value and worth, is something that we all have in common. We are all part of a human family and remembering our similarities while honoring our differences can help to connect us all.

Every person wants to feel valued and worthy. We want others to treat us like we matter. And, as it turns out, we are very good at identifying when indignity is occurring. Research tells us that when we recognize that we are being judged and treated unfairly, our response is similar to when we are treated poorly in a physical manner.

In professor Donna Hicks’ book, **Dignity**, she explains; “Being treated with dignity triggers the limbic system to release those pleasant feelings of being seen, recognized and valued-- all the life expanding experiences that come with human connection.” We need to help children ask themselves: “If I were to treat others with dignity, what would that look like?” and “If I were to keep hold of my own dignity, what would that look like?”

Aside from learning how to treat others with kindness, children need to learn how to relay that they value others. Internally, they must learn how to refrain from shaming themselves and externally they must learn to repair relationships when they have

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

made others feel inferior. There are many parts of dignity and we’ll be discussing the many compelling issues of acknowledgement, recognition, inclusion, fairness and more. Relationships, connection, worth and bullying will also be part of the conversation. It will be a very powerful month!

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—Your Motivated and
Dedicated Instructors

UPCOMING POWERFUL WORDS

JANUARY Initiative

FEBRUARY Friendship

FEBRUARY Honesty