

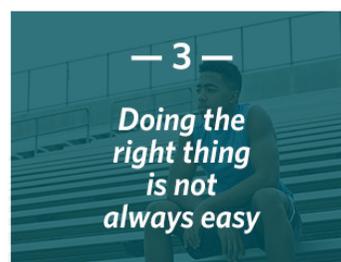
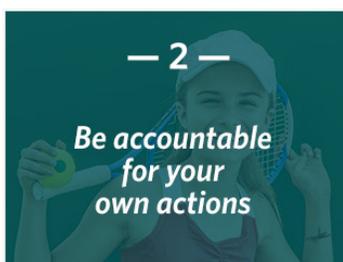
# TrueSportPARENT Respect



In the heat of the moment, it can be difficult to be cordial back to someone we feel is against us.

Be it in sports or in life, we've all had a time where we failed to be the bigger person, then wished later we would have acted more respectfully. However these moments remind us of the importance of teaching these very principles to our youth athletes:

## 3 Key Takeaways



Teaching youth athletes these three principles sets a solid foundation for future decision-making and will in turn earn them respect back from the same people they give it to.

### What Respect Looks Like In Real Life

Respect is an easy thing to talk about in concept, but we often forget what it looks like in practice.

Reference the following table of examples to remind yourself and your athletes of what being a respectful person means.

In sports, respect looks like:	In life, respect looks like:	To yourself, respect looks like:
<i>Giving your undivided attention while coaches are speaking before, during, and after games and practices</i>	<i>Listening to others when they are speaking (and not talking over them or looking at your phone)</i>	<i>Giving your best effort even when the odds are against you, as it will only help you learn and improve</i>
<i>Acknowledging the rules of your sport and playing by them</i>	<i>Asking permission before touching someone else's property</i>	<i>Giving yourself proper time to rest, eat healthy, and stretch</i>
<i>Accepting the referee's decision as final (and not arguing with them)</i>	<i>Making an effort to remember and use people's names</i>	<i>Remembering what you did well in a practice or a game (and not just the negative)</i>
<i>Being encouraging to teammates, even if they make a bad play or perform poorly</i>	<i>Being sensitive to how what is said or done can affect someone else's feelings</i>	<i>Be able to admit, laugh at, and learn from your mistakes</i>
<i>Sincerely shaking the hands of opponents and officials after a game</i>	<i>Giving credit to others when it's due</i>	<i>Not judging your self-worth based on how your abilities compare to others'</i>

### To learn more about raising respectful youth athletes, check out:

- [Learn.TrueSport.org](https://www.thesportsjournal.com/learn-true-sport) for insightful articles and videos full of respect-related advice
- [Teach.TrueSport.org](https://www.thesportsjournal.com/teach-true-sport) for an entire lesson plan surrounding respect
- [Play.TrueSport.org](https://www.thesportsjournal.com/play-true-sport) for TrueSport activities you can complete with your athletes