

**R.O.C.K. the
RESPECT at GFMS!**

**“The way we
feel about our-
selves has a
huge affect on
the way we treat
ourselves and
others, and on
the kinds of
choices we
make.”**

Additional references and
information is available at
the following websites:



www.goodcharacter.com

**George Fischer
Middle School**

**Helpful Information
and Tips for Parents
about Character
Development**

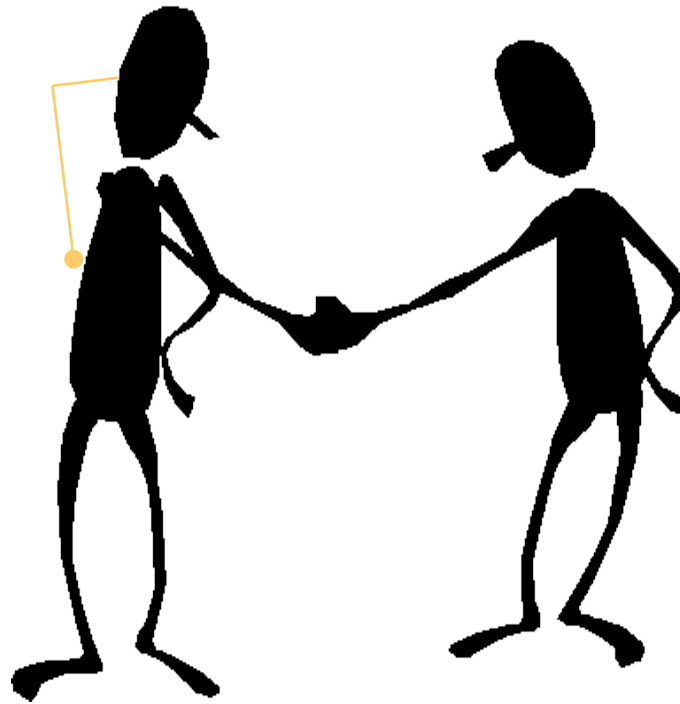
**R.O.C.K. the
Respect
Campaign**

**EMPOWERING
SELF-ESTEEM**

SELF-ESTEEM

Here are some things you can do to protect, raise, or reinforce your self-esteem.

- ⇒ **Spend time with people who like you and care about you.**
- ⇒ **Ignore people who put you down or treat you badly.**
- ⇒ **Do things that you enjoy or that make you feel good.**
- ⇒ **Reward yourself for your successes.**
- ⇒ **Develop your talents.**



- ⇒ **Take responsibility for yourself, your choices, and your actions.**
- ⇒ **Always do what you believe is right.**
- ⇒ **Respect other people and treat them right.**
- ⇒ **Set goals and work to achieve them.**

Character is defined by what you do.

Character is defined by the choices you make.

Good character makes you a better person and it makes the world a better place