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Peer Group Chat Summary

Date: 16.11.2023

Topic: Respect

Description: Having respect for ourselves and others is a really important prerequisite to being able to be vulnerable and share openly. Let's come together to talk about our experiences with respect, what respect does and does not look like, and how to healthily build it.

Summary of discussion:

- What respect might look like and why it's important
 - Appreciating someone for who they are
 - Active recognition that everyone, including myself, has worth.
 - Considering feelings of another person. Treating someone how you would like to be treated
 - Respect is important as it helps people feel valued and appreciated, building trust and safety, building self-worth.
 - Respect to me = actions speak louder than words
 - By being a good listener, taking someone's point of view into consideration, let people know you appreciate them, even if you don't agree with them listen to what they have to say and don't judge them
- How to address instances of disrespect
 - Instances of disrespect might look like: people dismissing you, mistreating you or not listening to you, having harsh opinions on others, feeling not valued by others.
 - Confrontation can be hard for some people, but speaking to the person about the situation or writing it down might be helpful
 - Bringing it to the other persons attention can help to explain how you feel about it (they could also be unaware sometimes).
- How to establish mutual respect with others
 - Having honest conversations, being able to trust someone, explaining comfort levels and asserting boundaries when needed might all be helpful when establishing mutual respect with others.

Discussion questions

Q1. What does respect mean for you?

Q2. Why might respect be important?

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Q3. What might respect look like? How could you show respect?

Q4. What might it look like to not be respected?

Q5. How might we be able to address instances of disrespect to hold the other person (or ourselves) accountable?

Q6. How might we be able to establish mutual respect with others?

Q7. What helps promote respect?

Resources

These are the resources that were shared during the session:

1. Are you Consciously Creating A Culture of Respect:
https://www.youtube.com/watch?v=m_Fpu_JfISO
2. What Is Psychosocial Support & Recovery? (SANE Forums Discussion):
<https://saneforums.org/t5/Special-Events/Mental-Health-Month-what-is-psychosocial-support-and-recovery/td-p/1349220>
3. 11 Reasons Why Respect is Important for Everyone:
<https://www.happierhuman.com/respect-important/>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Respect-Thursday-16th-November-2023-7-8-30PM/m-p/1360475#M353689>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.