

Philosophy of the campaign “Respect can change our lives”

The word respect comes from the Latin word “respectus”, which means: regard, consideration

We can consider respect in two situations:

**From the personal point of view, respect of oneself** is the feeling one has of his/her own worth, reflecting it in the manner he or she shows care for himself or herself and for the manner he or she presents himself or herself to others. It is a quality that should be developed.

**In a community**, respect is at the core of the sense of **esteem for others**. Showing respect is showing one is conscious of mutual enrichment while being different from each other. Human cohesion creates synergies that entails progress together.

Respect is one human value, which is promoted through example, an individual as well collective commitment. It cannot be dictated either by morale teachings nor learned through lessons. Each and everyone of us can show the way, by adopting respectful attitudes and behaviors.

Everything we do in our daily lives, good or bad, is not without consequences on others. Nothing is innocent.

Respect can be practiced among people, as a priority, but also for the environment, animals, public and private property, laws, etc.

Respect if simple, it can be applied everywhere : in the streets, at work, at school, on the sport fields, in nature. It applies to any situation in life.

It is its mere simplicity that constitutes its strength, and will promote the success of this campaign.

Respect is very often simple gestures:

*A kind look*  
*A smile*  
*Greetings*  
*Thanks*  
*Holding the door for someone*  
*Offering carrying packages for someone weaker*  
*Volunteering help when necessary*  
*Listening to others*  
*Accepting differences*  
...



...that can change our lives, that can change my life in particular, given that while doing good is a mental reward to the person who does good.

“Every man has a legitimate claim for respect from his fellow man, and mutually. He is compelled to pay the same respect to every one of his fellow men”

Emmanuel Kant

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