

Name _____



Trust And Respect Reflections

Directions: Think about how trust and respect work in different kinds of relationships. Read each prompt carefully and write complete, thoughtful answers. Take time to reflect on your own experiences.

1. How does **trust** look different between you and a **peer**, such as a friend or classmate, compared to an **adult** or **authority figure**?

2. What are some ways you can **show respect** to an adult or authority figure while still expressing your own opinion?

3. Think about a time you **lost trust** in someone. What happened, and how did it make you feel?

4. What are **healthy boundaries** you can set with friends, adults, or authority figures to maintain trust and respect?

5. Why is it important to **earn** trust rather than just expect it from others?
