***Trust*** is to believe in and rely on another.

**video** clip 1 :

<http://www.values.com/inspirational-stories-tv-spots/97-You-Raise-Me-Up>

You Raise Me Up is a remarkable song that has inspired millions around the world with its message of hope, strength and overcoming. Our goal was to develop a visual montage that would compliment the rich meaning of these lyrics and the message of trusting others.

**Talking points:**

* Who is someone you can reply on or trust?
* How is trust earned?
* What makes someone more trustworthy than others?

**Quotes:**

“It is an equal failing to trust everybody, and to trust nobody.”

“Trust… it takes years to build it and seconds to destroy it.”

“Trust is a fragile thing, easy to lose and hard to get back.”

“If there is no trust there is no us!”

**Activity:**

Eye Contact

Time Required: 5 minutes

This trust exercise requires no special equipment, just an even number of participants. Making eye contact is sometimes difficult for people, as it requires a certain amount of trust and respect. Some people avoid it, while others simply aren’t very good at it; they make look away often or appear awkward or uncomfortable, sometimes fidgeting with other objects. This exercise, though simple, can help people become more comfortable and trusting of each other through the practicing of eye contact. For this activity, have people group into pairs and stand facing each other. The idea is to have them stare into their partner’s eyes for at least 60 seconds. There may be some giggles at first, as it can feel somewhat awkward during the first try, but as participants get the hang of it, it should become easier for them to make eye contact for prolonged amounts of time.

***Respect*** is to honor and show consideration.

**video** clip 2:

<http://www.bing.com/videos/search?q=youtube+respect+rap&mid=E73949B49132AF4495D0E73949B49132AF4495D0&view=detail&FORM=VIRE1>

Video of students rapping about respect.

**Talking points:**

* What are some ways people show respect?
* Do you think you can respect someone you do not like?
* How is respect shown in the video clip?
* How have others shown respect to you?

**Quotes:**

“We were taught to respect everyone, especially those who were older and wiser than we were from whom we could learn.”

“Respect yourself most of all.”

“He who wants a rose must respect the thorn.”

**Activity:**

Time Required: 10 minutes

Have students fold a piece of paper into 4 equal parts. Label each section: home, school, community, cyberspace. In each box list the ways that you can show respect to people you encounter.

Students can work individually or in small groups.

Share responses with the whole group.