

Respecting Yourself

What do Alaskans think it means to respect yourself?

- Be honest about who you are
- Tell others of your road to respect story, with all its ups and downs
- You are valuable and deserve to be valued
- Surround yourself with those that understand your true worth
No person has the right to make us feel disrespected or undervalued
- Do what you love and what you believe...follow your passion
- Trust your instincts. They are usually right
- A lot of us second guess ourselves, but if we take the time to trust our instincts we usually know if something “feels right”.

If it doesn't feel right...get out and get help

- Draw your line and stick to it. Let your friends, boyfriend or girlfriend know what you feel comfortable doing and not, and stick to it
- Wait to have a sexual relationship
- Know what your line is and communicate it clearly, online or in person

Clearly and confidently let people know your boundaries.

**To let others know your boundaries, you must first know where they are.
Do you know where your boundaries are?**

- Promote respect by thinking about your own boundaries in your relationship, online, and with your friends. Practice how to clearly and honestly let someone else know where you want to draw the line.
If your line is being crossed, it may be time to seek help

**STAND UP
SPEAK UP
ALASKA**

Respect boundaries of others

- It can be hard to know where other people stand. Sometimes it may seem like they are not very clear themselves. Promote respect by asking someone where they want to draw the line.

For more information on respecting yourself visit:

www.standupspeakupalaska.org

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