The Five R’s:
Respect

Responsibility, Resourcefulness, Relationships, Resiliency

A 5-Part Series To Encourage Students, Parents, And Teachers To Know It! Live It! And Teach It!

This is the first of five part series to discuss the Five Rs and how you can teach the children and teens in your life about the Five Rs, what they mean, and how to live them.

Respect means to show honor or esteem for or to hold something or someone in high regard. It also means to show consideration for and avoiding intruding upon or interfering with others.

Respect is usually thought of in terms of relationships between people. We demand respect from our children. We expect our children to show respect to their elders. The problem with this is that unless we demonstrate respect ourselves children do not understand what respect is and why it is important that they show it to others. As parents and other adults we need to teach children what respect is and what it looks like. That starts by showing respect for our children.

Ask them about their day and listen to their answers. Listen to their problems without making a judgment and help them come up with solutions. When they mess up don’t yell and call them names, talk about how disappointed you are in their behavior (but not them) and gave an appropriate consequence if necessary.

Research also shows that kids who grow up getting as well as giving respect are more successful in school and life. If adults show kids respect, and kids show adults respect as well as themselves and others we can decrease the problems in our schools and communities.

Tips for Parents, Teachers, and ‘Ohana:

- Set and enforce rules. Kids learn to respect you when you set fair limits and hold them to them.

- Remember that your children are always watching you and your actions speak louder than words.

- Be aware of the words you use to describe others. Be sure they are words you want your children to use. Talk to your children respectfully, when you do they will speak respectfully to others.

- Be respectful of the environment around you. Take care of your own belongs and expect your children to take care of theirs. Don’t throw your trash on the ground or out your car window.

- Pick up trash when you go to the beach and that you pass as you walk.

- Take your children on a graffiti cleanup to help them learn to respect their community.

- Teach your children to turn their cell phones, I-pods and other electronics off when they are at meals, in church or at other public gatherings and make sure you do the same.

Background: In 2004, the Castle Complex Schools adopted a framework for positive behavior support called the Five Rs. This initiative is now a community wide effort to develop a common language to help our students grow up to be drug free and good community members.

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The Five R’s:
Responsibility
Respect, Resourcefulness, Relationships, Resiliency

Being responsible means knowing the difference between right and wrong, to think rationally, and to be accountable for one’s behavior.

Children who are responsible will be more willing to do their homework, complete their chores, and take care of their belongings. They will also learn to respect other people’s property as well as their own. It is a parent’s kuleana to teach responsibility to their children.

Tips for Parents to Teach Responsibility:

- **Give children chores.** When children have chores that are appropriate for their age, they learn that they are capable. The also learn to finish what they started and to manage their time. When everyone pitches in, the home runs smoother.

- **Getting Ready for School:** Make school age children responsible for getting themselves up and dressed for school. Many children respond remarkably well when you give them an alarm clock and tell them how much time they have. For children who don’t want to get dressed, taking them to school once or twice in their pajamas usually solves the problem. (Make sure they have clothes to change into in their backpacks.)

- **Doing Homework:** Don’t stand over them when they do their homework. Set them up; get them started; tell them to ask if they need help and then let you know when they are done so that you can check it. When they ask for your help, ask them how you can help them, but do not do it for them. When you check their homework, you should just check to make sure that they have done what was assigned. Your job is not to correct it.

- **Taking Care of Pets:** If you have pets, give younger children the responsibility for feeding them. Older children can be responsible for cleaning up the messes the pets make.

- **Taking Care of Belongings:** Teach them to take care and put away their own belongings, toys, clothes, and sports equipment. Preschoolers can be taught to put away their own toys. Elementary school age children can put away their own clothes and sports equipment. Middle schoolers can wash and put away laundry.

- **Keeping Commitments:** One of the best ways to teach them to keep their commitments is by modeling. When you tell them you are going to do something, make sure you follow up; whether it involves discipline, taking them somewhere, or keeping a personal obligation.

- **Being a Role Model:** Most of all, if we want to raise children who are responsible, we must be good role models ourselves. Follow through on your commitments. Be considerate of others’ feelings, including your children’s. Take care of your surroundings and teach your children to do the same. Children who are given appropriate responsibility are more likely to behave responsibly, both when they are with their parents, as well as when they are on their own.

Background on the Five Rs: In 2004, the Castle Complex of schools adopted a framework for positive behavior support called the Five Rs. This initiative is now a community wide effort to develop a common language to help our students grow up to be drug free and good community members. The Ho’āla Hou Project of the Pacific American Foundation supports these efforts of “Community Works in 96744.” The Project uses a cultural approach to reawaken parent involvement at four schools through a series of educational ‘ohana activities.

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Raising Resourceful Children

Children who are taught resourcefulness will grow up to be good stewards of the land as well as good problem solvers.

Resourceful means to be able to deal creatively and effectively with problems and challenges. It also means taking care of belongings, our own as well as others and to take care of the land.

What is Resourcefulness?
So what does a resourceful child look like?

- Has a CAN DO attitude.
- Tries hard and perseveres.
- Tries different ways of doing things.
- Shows initiative.
- Demonstrates creative problem solving.
- Finds, adapts and invents effective and caring ways of solving problems.

Tips for Parents:
What can parents do to help their child become resourceful individuals?

Value of Hard Work: Many children are given everything they want with little thought as to whether they really need it, or just want it. Very few have to work to earn privileges, even by doing chores, and therefore feel that everything should come easily. When children are given everything with little effort on their part they have difficulty handling challenges as they arise, whether at school, or later in life.

Finding Another Way: When a task becomes hard help them find another way to look at it. Try to figure out another way to get it done. When they ask for help with homework, don’t just give them the answer; help them work it out. Show them how to use the internet, their book, and other resources to get information and assistance.

Talking It Through: If they say a task is too hard, have them talk through the problem. Sometimes we confuse our children because we use a different vocabulary than is taught in school. Having them tell you what they are supposed to do often helps them to remember how to do it on their own. This helps to teach them that they have many of the answers in their brains.

Brainstorming: When kids make a mistake don’t focus on the mistake, brainstorm with them ways to do it differently next time so that they don’t make the same mistake again.

Chores and Good Routines:
Give them chores to help them learn to take care of personal property, theirs and yours. This will also help them learn time management and that they are capable of finishing things even when they don’t want to.

Making Their Own Money: When kids want a new cell phone or video game, help them find ways to make money so they can buy their own. Children who buy their own things tend to take better care of them and will make them last longer. It is fine to give extra chores to help them earn the money just don’t always reach into your pocket to buy for them.

Kids Making Their Own Repairs: When things break down at home try to fix them before going out to buy a new one. Teach them about maintaining the car or truck, especially the basics like checking the oil and tire pressure. Let them know that taking care of belongings make them last longer which helps to save money and resources.

Making Judgments: Help your kids weigh the consequences of their actions and use good judgment. Talk about events you see on TV or in the paper with your child. Ask them if the person made good choices and how the outcome may have changed if they made a different choice.

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Positive Relationships Lead To Healthier Families and Communities

Our role as parents and caring adults is to model and teach children positive relationships.

Relationships are the connections we have with others. Positive relationships with others lead to healthier families and communities. Some of these relationships are easy to identify such as through blood, through friendships, through organizations such as school, sports or business. Some are less easy to identify such as living in the same community. Some relationships are positive and some are negative.

Hawaiians and many other indigenous people believe that the individual is less important than the community. When we teach our children that treating everyone with respect is important to the well-being of our community, then everyone in the community is more likely to thrive, and our community thrives.

Families and communities work better when each person values every other member of the group. It is important that we teach children that everyone has something to contribute regardless of their skill level.

Children who have good relationships with others demonstrate the following traits:

- They get along with others.
- They are courteous and well mannered.
- They are considerate, helpful and honest.
- They demonstrate good sportsmanship.

Parents can model this by:

- **Respect:** Treating your partner and children the same way you want to be treated. When our children see us treating others with respect, they are more likely to give others respect, even when we are not around. Being respectful of others leads to more productive, positive relationships.

- **Chores:** Sharing household chores and having children have chores. This helps them realize that everything does not revolve around them and that they are part of a team.

- **Rules:** Set and enforce reasonable rules for your children. Parents sometimes make the mistake of thinking that they should be their child’s friend. Children and teens need parents who set and enforce boundaries. In the long run your child will respect you more and will be better citizens if they learn to follow rules and to be able to set their own limits as appropriate.

- **Sportsmanship:** Display good sportsmanship when watching sports, both when your child is playing and when watching TV. Everyone can’t always win, but everyone should always try their best. Being humble whether you come in first, second or last brings more respect from others than arrogance.

- **Volunteer:** Volunteer at your child’s school, in the community, or church. Be a mentor or a coach. This demonstrates to your child that we are part of a larger community and that not everything we do is for money or reward. Take your child with you whenever possible so that they can learn to give back as well.

- **Listen,** without judging, to your children so they learn to listen to you and other adults. Listening is a key to healthy relationships.

- **Friends:** Learn who your children’s friends are and encourage them to spend time with them in your home so that you can help them have positive friendships.

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Hoʻomau
Resiliency

Like the Pūʻulu Lehua, our students need to be resilient learners who persevere in all situations. The lehua symbolizes hoʻomau, resilience since it has the ability to plant itself in opposing conditions and is one of the first trees to grow on new lava flows.

Resiliency is the ability to bounce back from a setback or challenge. People who are high in this ability are more successful in life. They are able to look at challenges and find ways to meet them. Sometimes this means asking for help. Sometimes it means looking at the problem a different way. Sometimes it means realizing that there is nothing that can be done to change circumstances and moving on.

The characteristics of a resilient person are:
- Having the ability to bounce back
- Having perseverance, not giving up easily
- Having positive attitudes
- Having the ability to start fresh the next day

Parents can teach these skills to their children in a number of ways:

Be a model of resiliency: Show your kids how you look for outside resources, whether it is asking friends or relatives for help with fixing the car, or unplugging the toilet, looking online for information, or talking through a situation with your partner or friend.

Doing Your Best: They don’t have to win, to be the best, or have the lead. They just need to do their best and stick it out. Remind them that the best sports stars practice over and over before they become good. It is not enough to just show up.

Moving On: When things go badly, accept the outcome, and show them how you are moving forward. Encourage your children to try new challenges. Encourage them to try out for a part in the school play, be on the speech team, or run for class officer.

Encouragement: When your child doesn’t do well on an assignment make sure you point out what he did well and then help him figure out a better way to do it next time. If you child doesn’t make the team, or win a prize, make sure she congratulates those that do. Let her know that everyone can’t be best at everything and encourage her to continue participating. Practice with her to help improve her skills so that when she tries again, she may be more successful.

Handling Stress: One thing that makes people more resilient is practicing good stress management. Make sure that you are doing something healthy at least once a week to help release your stress. Teach your children stress management techniques. Do fun things as a family, which will also cut down on stress. This might be going to the beach, taking a walk, spending some time alone without technology, praying, meditating, or any number of other things that are relaxing.

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