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Respect is a fundamental value that is essential for building and maintaining healthy relationships, communities, and societies. It is a two-way street that involves giving and receiving respect by treating others with decency and kindness. Respect goes beyond mere tolerance and allows us to truly appreciate the unique qualities and contributions of others, and thus it is essential for fostering a harmonious and thriving community.

How Respect affected our communities in the past was in a positive way. Respect was valued more back in the day than it is today. People were kind to each other, they listened because they cared about others opinions and not just their own. They also cared about others' actions and achievements because they influenced each other in positive ways. The Golden Rule; "Treat others how you would like to be treated." It was genuinely taken into consideration, along with everyone's feelings and people's differences such as race, religion, and beliefs. Respect is more than just kindness and looking up to people, it's also about having an understanding of others feelings and showing them you care about how they view something that you may view a little bit differently. Respect is also about trust and accepting everyone for who they are so you can bring people together without conflict. Back then people showed more Respect in many ways, it made people happy and feel comfortable being around others because they felt a sense of belonging. If you look up the definition of respect it will tell you it regards others feelings and how you feel about others achievements. While that is true, it's not the full meaning of Respect. What it truly means to Respect someone is because their actions and words influence you in a positive direction. They will make you feel like your voice and opinions matter just as you do to them and that is how Respect affected our communities in the past, a positive way because people actually cared about the real meaning of Respect.

How Respect affects our communities in the present is in a somewhat positive way but also in a negative way. Seeing genuine Respect is a rare sight, it affects people negatively because no one really cares. People these days expect others to give them Respect without earning it rightfully, no one even knows the real meaning of Respect, they mistake it for obedience and fear. All around the world you don't really see anyone give Respect but they do expect it without actually knowing what it means. Presently there is a lack of Respect due to politics and there is no middle ground. There is so much conflict because everyone is different and they have their own opinions that others just can't accept it. No one wants to listen to anyone because they think their ways or beliefs are right and that others are wrong, it creates a hostile group because everyone is arguing about what beliefs are right or wrong. Respect is the key to a functioning society, us as people lack Respect for ourselves and other people in our communities. We as a community have nearly no Respect towards our elders and it causes conflict, and elders are crucial to our society because they provide knowledge and a strong foundation in relationships. If we disrespect our leaders and authority figures we risk breaking trust and sources for trust and comfort. No authority figures means no stability, which causes arguments

for wanting different things. Everyone already argues about making decisions due to lack of Respect to elders and authority.

In the future how Respect can affect our community is by bringing people together through trust, kindness, and understanding, not only that but by looking up to people and admiring them for making you feel safe. The people you look up to, like family, friends, teachers, and even famous people, you Respect those people for their characteristics like honesty, integrity, and moral value or you agree with things they say and they flow in a positive way. Maybe hearing them speak makes you feel good, you start to Respect people by listening to their opinions, thoughts and you make them feel like they matter just as they make you feel like you matter. When you Respect people it creates less of a hostile environment and you can feel safe around others. You can also Respect people by giving them a sense of belonging, everyone wants to fit in somewhere even with people who are completely different from them. By giving Respect to others, we not only show our appreciation and recognition of their worth and dignity but we also are showing others who we really are as a person and we can build trust off of showing people who we really are. Trust can help us create an atmosphere of understanding and compassion. If we can learn to show Respect we can live in a community that is safe and heartfelt for everyone of all ages.

How Respect affects me is it makes me feel comfortable around people knowing they're gonna treat me like a human being no matter what. It can affect me in a positive way if the people I love can listen when I have something to say and be okay with my opinions and beliefs even if they don't agree with me. People can show their Respect to me by treating me equally regardless of what I do, look like, and how I act. I myself can also show Respect by doing the same thing. A lack of Respect can affect me and others around me in a negative way by lowering self esteem, closing off, distancing ourselves, and even stop doing what we love because we're depressed from others putting us down by not listening to our feelings and opinions on something and just being out right cruel. It doesn't take a lot of effort to say something that hurts people's feelings, then it is to be nice. It doesn't make much sense but we should be putting effort into Respecting others. If we actually put in effort to be kind and compassionate towards others and even ourselves we can be happy and make ourselves feel good instead of feeling so bad that you have to put others down to feel good. That is how Respect affects me and will affect me in the future.

In conclusion, we are all human and we're gonna make mistakes no matter what but that doesn't mean we should hurt people and make them feel less than. Respect goes both ways regardless of age and regardless of who was disrespectful first.