



Tolerance and respect

Definition

Tolerance refers to the capacity to accept and respect the opinions, behaviors and beliefs of others, even when they differ from our own. Respect, on the other hand, means treating others with dignity, appreciating their rights and considering them equal. These two values are fundamental in building harmonious and healthy relationships between people, especially during adolescence, when young people are in the process of forming their identity and learning social interaction.

Tolerance and respect play a crucial role in managing social relationships. Adolescents who are tolerant and respectful of those around them manage to get along better with those who have different views and experiences. This helps not only to prevent conflicts, but also to promote a climate of understanding and cooperation.

How do they affect teenagers

Teenagers who learn to be tolerant and respectful have a greater ability to collaborate with others and resolve conflicts peacefully. Tolerance and respect also help create an environment where each individual feels valued and safe. This leads to greater self-confidence and increased self-esteem. In addition, these teenagers are less likely to fall victim to bullying and more able to intervene when they observe harmful behaviors around them. On the other hand, the underdevelopment of tolerance and respect can generate frequent conflicts with peers or even exclusion from groups can occur. Lack of respect for others can lead to discrimination, intolerance, and even aggressive behavior.





Tolerance and respect and social inclusion

Young people who develop tolerance and respect in adolescence are more likely to adopt open attitudes towards diversity and to appreciate cultural, social and religious differences.

On the other hand, the underdevelopment of tolerance and respect can have significant negative effects on teenagers. A teenager who does not respect diversity and is not tolerant can become socially isolated. In their absence, frequent conflicts with peers or even exclusion from groups can occur. Lack of respect for others can lead to discrimination, intolerance, and even aggressive behavior.



How to tackle it?

- **Education by example:** Parents and teachers must be models of tolerance and respect. When adults treat others with respect, adolescents are more likely to adopt the same behaviors.
- **Promoting open dialogue:** encourage adolescents to discuss their differences, listen to the points of view of others, and express their opinions in a respectful manner.
- **Creating an inclusive environment,** in which every teenager feels accepted, regardless of differences in race, religion, or gender.
- **Volunteering:** Participating in social or community projects can help teenagers better understand the needs of others and develop empathy and respect for diverse groups.





Warm up questions

- What does the word “respect” mean to you?
- Can you give an example? Have you ever felt disrespected? How did it make you feel?
- Why do you think it’s important to respect people who are different from us?
- Can you name a situation where tolerance helped avoid a conflict?
- Is it easy or difficult to accept opinions different from your own? Why?



Questions for discussion

- What are some everyday actions that show tolerance and respect?
- Can you respect someone even if you don’t agree with them? How?
- What are the consequences of a lack of tolerance in a community or school?
- How can we teach tolerance to younger people or new members of a group?
- Do you think social media promotes or harms tolerance? Why?

Find out more

- <https://learningmole.com/teaching-tolerance/>
- <https://www.teachhub.com/teaching-strategies/2020/07/strategies-for-teaching-tolerance-in-your-class/>
- <https://learningmole.com/teaching-tolerance-to-kids/>





DISCLAIMER

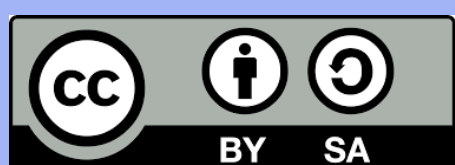
FUNDED BY THE EUROPEAN UNION. VIEWS AND OPINIONS EXPRESSED ARE HOWEVER THOSE OF THE AUTHOR(S) ONLY AND DO NOT NECESSARILY REFLECT THOSE OF THE EUROPEAN UNION OR THE EUROPEAN EDUCATION AND CULTURE EXECUTIVE AGENCY (EACEA). NEITHER THE EUROPEAN UNION NOR EACEA CAN BE HELD RESPONSIBLE FOR THEM.

AUTHORS

© **MAY 2025** – COLEGIO CÓRDOBA, COPIII ÎN SANUL FAMILIEI, LICEUL TEORETIC "GEORGE MOROIANU", PODERIO TRAINING & RESEARCH.

THIS PUBLICATION WAS CARRIED OUT WITH THE FINANCIAL SUPPORT OF THE EUROPEAN COMMISSION UNDER ERASMUS + PROJECT '**YOUR BEST VERSION**', NUMBER **2024-2-ES01-KA210-SCH-000292259**.

ATTRIBUTION, SHARE IN THE SAME CONDITION



(CC BY-SA): YOU ARE FREE TO SHARE- COPY AND REDISTRIBUTE THE MATERIAL IN ANY MEDIUM OR FORMAT AND ADAPT – REMIX, TRANSFORM, AND BUILD UPON THE MATERIAL FOR ANY PURPOSE, EVEN COMMERCIALY. THE LICENSOR CANNOT REVOKE THESE FREEDOMS AS LONG AS YOU FOLLOW THE LICENSE TERMS UNDER THE FOLLOWING TERMS:

ATTRIBUTION – YOU MUST GIVE APPROPRIATE CREDIT, PROVIDE A LINK TO THE LICENSE, AND INDICATE IF CHANGES WERE MADE. YOU MAY DO SO IN ANY REASONABLE MANNER, BUT NOT IN ANY WAY THAT SUGGEST THE LICENSOR ENDORSES YOU OR YOUR USE

SHAREALIKE - IF YOU REMIX, TRANSFORM OR BUILD UPON THE MATERIAL, YOU MUST DISTRIBUTE YOUR CONTRIBUTION UNDER THE SAME LICENSE AS THE ORIGINAL

NO ADDITIONAL RESTRICTIONS – YOU MAY NOT APPLY LEGAL TERMS.



PODERIO
Training & Research