

R-E-S-P-E-C-T!

Treat Others the Way You Wish to Be Treated

NCMT Mission Statement: Building leadership, responsibility, and confidence in youth through sound horsemanship.

Cadet Pledge: I pledge myself to be kind to animals. To be a sportsperson, win or lose. To be courteous and obedient to my Officers. To work and play with other Cadets as I would have them work and play with me. To hold honor, truth, and courage in high regard.

1. **Empathy**
2. **Respect**
3. **Tolerance and Kindness**
4. **Fairness and Sportsmanship**

I. Empathy: being aware of and sharing another person's feelings, experiences, and emotions...imagining how you feel in another person's place or situation.

- **Example:** You see a fellow trooper attempting to pick out a horse's hoof and notice she is having a hard time. You can approach your fellow trooper and help.

Helping doesn't mean picking out the horse's hoof for them. Can you remember what it was like when you were first learning to pick out a horse's feet on your own? Giving advice, especially something that taught you how to pick out feet, and perhaps demonstrating or assisting in picking the horse's feet can be very helpful.

Empower one another! Empower means to give a person the ability to do something, and that in turn may help them feel more confident.

II. Respect: understanding that someone or something is important, serious, etc., and should be treated in an appropriate way.

Treat others the way you would like to be treated. It's okay not to be friends with everyone but you must treat your fellow troopers as you normally would treat someone you care for and like. In addition, it is equally important to remember that all staff members must be respected, in the same way that you treat your parents and teachers with respect.

Example:

- ***Be courteous and polite:*** If your horse poops in the wash stall, clean it up. This is an example of respecting a place. Would you want to use a wash stall after someone else left his or her horse's poop there? Probably not.

- ***Be appreciative:*** Asking for help vs. demanding it.

"I can't tighten the girth. You do it." Vs. "Will you please help me tighten the girth? Thank you. "

Saying please and thank you are examples of respecting a person.

- ***Personal space:*** Be understanding and considerate of your fellow trooper's personal space. Please keep your hands to yourself at all times. This includes pushing or shoving, even if you think you are joking or being playful.

III. Tolerance and Kindness: accepting individual differences, especially when another person has feelings, habits, or beliefs that may be different from your own.

- Accept individual differences and don't insist that everyone be like you.
- Being kind, a kind act or treating others with kindness.
- Making sure that you are being inclusive and not making others feel left-out.

Being mean or teasing another trooper is not acceptable behavior and will not be tolerated.

Example:

A new rider joins your lesson. She has ridden before, but Western. She uses the word "lope" instead of "canter" and wears cowboy boots and full chaps with a long fringe. Would you make fun of this rider for being different and turn to your friends and say something negative? Don't make fun of the other rider for being different. There are many different barns and different riding styles across the world. Maybe the new rider could teach NCMT troopers something new and different.

IV. Fairness and Sportsmanship:

- Treating people in a way that does not favor some over others
- Do not be too harsh or critical of your peers or your mount

Example: If you are at a horse show, support your peers by clapping for them after their jumping round or when their name has been called when winning ribbons in a class. Also, if you had a good day at a show, but you know another rider did not, it's probably best not to ask that person, "What ribbons did you get?" Enjoy the fact that you had a good show without rubbing it in another person's face.

It is very important that, just like we make sure our horses and ponies are polite and nice to other horses and humans, troopers are also respectful of other troopers. At Troop and in your everyday life, you should always remind yourself to treat others the way that you wish to be treated. It is not only a good code to live by, but it is also part of Troop's pledge. All troopers are to be kind to both horses and their fellow troopers.

If you see someone who puts down others, or you think a trooper is being unkind or unfair to another trooper, you should always talk to a staff member or a Captain. If a trooper needs to be reminded several times to watch their behavior, a phone call will be made home. We want to keep Troop a fun and safe environment for both troopers and horses alike. Please do your part!

*Special thanks to Hannah, Mrs. Dubrowski, and Devin McLean for helping put this lecture together.

If you'd like more examples, here are some good videos to watch:

Respect:

- <http://www.watchknowlearn.org/Video.aspx?VideoID=28174&CategoryID=7817>

Tolerance and Kindness:

- <http://www.wingclips.com/movie-clips/charlottes-web/meeting-charlotte>
- <http://www.wingclips.com/movie-clips/cloudy-with-a-chance-of-meatballs/real-you>