

# HERITAGE TODAY VIDEO SERIES

## "MUTUAL RESPECT" Discussion Guide

### **PURPOSE**

Provide a guide for Air Force leaders at any level, to initiate critical thinking and group discussion/interaction before and/or after reviewing the Heritage Today video.

### **DESCRIPTION**

Heritage Today video series inspire and challenge Airmen with stories of Air Force heritage and emphasize the Core Values by using the enabler characteristics of character, judgment, and commitment as the building blocks of professionalism.

See how mutual respect shapes the way we have always honored one another and our country. In the U.S. Air Force, each generation of men and women inspires and encourages the next to aim even higher and to carry our values further. We hear the term "Mutual Respect" frequently but, do we really know what it means? Mutual respect is the concern for the dignity of a person as a fellow human being. For a few individuals, mutual respect can be a new mindset. Our Air Force core values are built on a solid foundation that includes and requires mutual respect. We must continue to foster an environment where we can work together to successfully reach a common goal, in an atmosphere where all members are valued for their individuality and self-worth.

### **EMPLOY**

**BEFORE VIEWING** the "Mutual Respect" video, lead the following discussion:

- Mutual respect can be described as treating your fellow Airmen like you treat your own \_\_\_\_\_ (brother, sister, father, mother, mentor, or close friend). What does it mean to you?
- What is the difference to you between "equal" and "mutual respect"?
- What do you think would happen if mutual respect was ignored? How can loss of mutual respect affect the integrity of a unit?
- Can you think of a situation where mutual respect would slow down or stop a process?

NOTE: the voice on the video is SSgt Trevor Winge, an Air Force Cyber Security operator.

**AFTER VIEWING** the "Mutual Respect" video, lead the following discussion:

- How does mutual respect play a part in our Air Force Core Values?
- Can you share a story of when you felt disrespected and how did you handle the situation? If you handled it negatively, how would you handle it if you could do it over again?
- Is it possible to dislike an individual but still ensure mutual respect for them?
- What can you do to prepare to deal with situations where people are not being respectful?
- How can you honor your fellow Airmen and their sacrifices?
- How can you spread and embody mutual respect?
- In addition to respect for human dignity, respect in the Profession of Arms also includes respect for the chain of command, rank and authority. Any examples where that might need improvement?