



FSS

Family Support Services  
OF NORTH FLORIDA INC.

Don't wait for  
people to be  
kind – show  
them how.

–UNKNOWN

September is ...

NATIONAL  
COURTESY  
*month*

Remember to share the **National Courtesy Month**  
package with all your children and families.



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Interpreter services are provided free of charge for persons who are deaf or hard of hearing.



## September Is National Courtesy Month

Courtesy. Consideration. Civility. Sometimes it seems these traits just aren't that prominent in modern society.

The basic definition of courtesy is displaying good manners and polite behavior. It's about showing respect to others and getting along with people ... even when we're in a bad mood. Unfortunately, in today's hectic world the simple act of civility often falls by the wayside. There was a time when it was referred to as 'common courtesy', but it rarely seems very common anymore.

### **Bringing Manners Back**

So what can we do? We can all work together to bring courtesy back as an important part of our lives. It won't even take much effort – there are small things people can do every day to show politeness and respect to their fellow human beings.

When you are the benefactor of courteous behavior, like another shopper letting you go before them in a busy grocery store line, it makes you feel good and encourages you to do something nice for someone else. Here are a few ideas on how you can 'pay it forward'.

### **Kindness and Respect**

We all go through several doors every day. Most are automatic, but some still open the "old fashioned" way. Think about how good it feels when someone takes a moment to hold a door for you. The other person hasn't done anything you couldn't do in less than a second, but the important thing is a stranger took the time to recognize and wait for you. It's not the deed that makes you feel good; it's the thoughtfulness behind that deed. Hold the door open for people who are close behind you.

Try to think about behaviors that disturb you, and make sure you don't do them yourself. Don't use your cell phone while at the movies; even texting is distracting. Be courteous of other diners by not being too loud in restaurants and keeping young children at your table. It's easy to be discourteous when dealing with people online, so try to remember your manners when sending an email, posting a comment on a website or chatting in a forum.

Another area that often lacks common courtesy is the road. Drivers frequently tailgate, fail to use their turn signals, cut off other vehicles and refuse to let faster cars go by them in the passing lane. This rudeness often has a seriously negative impact on other motorists, and can lead to feelings of road rage. Politeness is a must for every driver. Common courtesy will make life on the road better for everyone, and help people avoid accidents.

### **The Golden Rule**

It all boils down to following the golden rule; treat others as you would like to be treated. Say thank you and please, be considerate of other people's personal space and commit random acts of kindness to brighten someone's day. Come up with your own ways to help spread politeness across the nation. If we all work together, we can make the concept of common courtesy a little more realistic.

This September, let's celebrate National Courtesy Month by showing patience, kindness and respect to our fellow human beings.