



## Respect Life 101: Middle School

Did you know that Respect Life helps moms become the best moms they can be? YOU can help too! Here's how:



### 1. Pray

Jesus said that prayer is the most powerful way to help people. We should reach out to others with our hands in service and also with our hearts in prayer.



### 2. Tell your Mom, "I love you"

Your mom loves you so much. Tell her that you love her too and that you are thankful that she was pregnant and gave birth to you. It's a big deal!



### 3. Encourage Others

Sometimes people feel that they are alone during hard times. Let them know that God loves them and that they are not alone. God will always give them the strength to do what is right!



### 4. Support Respect Life

The Respect Life Pregnancy Help Center helps mothers by listening to them, teaching them, learning about their needs, and giving them all of the materials that they need for their babies. You can help by having a baby shower or a baby bottle drive.



### 5. Learn More

There is so much to learn about how babies grow in their mother's womb! Did you know that you were you from Day 1 of pregnancy? You continued to develop and grow bigger and stronger until you were ready to be born!

Read more on:

[www.respectlifemiami.org](http://www.respectlifemiami.org)