

EMPATHY

Parent Resource

What is empathy?

Empathy means understanding how and why others think, feel and act.

In grades nine through twelve, children begin:

- ✓ Understanding how perspectives, circumstances and experiences affect others.
- ✓ Analyzing how actions and reactions can influence one to respond to different situations.
- ✓ Demonstrating effective and respectful communication skills and strategies.

Below is a way you can help your child learn, practice and demonstrate empathy:

SHARE AN EXAMPLE



Discuss a situation when you helped someone in a time of need and reflect on the outcome. Discuss with your child if there were any challenges to demonstrating empathy.

BY PRACTICING EMPATHY, YOUR CHILD WILL IMPROVE COMMUNICATION SKILLS AND LEARN TO REFLECT, OBSERVE AND THINK ABOUT HIS OR HER OWN BEHAVIORS.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Organizing a volunteer event in your school or community.



Adjusting behavior to respect the needs of others.



ACTIVITY TO DO WITH YOUR CHILD

Discuss with your child the importance of having empathy in his or her career path and future. For example, if your child would like to enter the healthcare field, he or she would need to demonstrate empathy when caring for patients. Empathy plays a significant role in building relationships and developing leadership skills.