

TEACHING EMPATHY

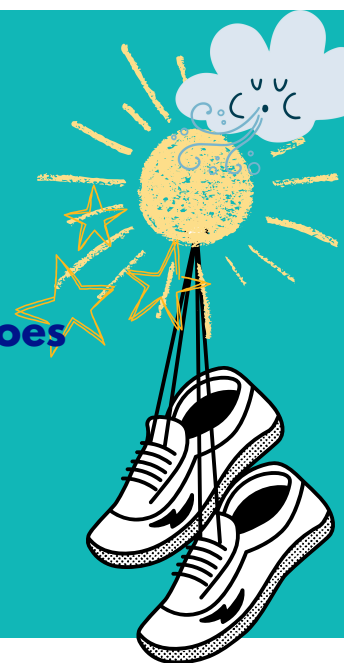


Empathy is the skill that allows us to understand what is going on in other people's lives: what is happening to them, what they are thinking and how they might be feeling.

When we show empathy to others, they are able to really be themselves and know that they won't be judged. Then, we are able to learn to understand them as they really are.

HOW CAN WE SHOW EMPATHY TO OUR FRIENDS?

- ★ Be supportive to people around you
- ★ Share how you feel when talking to friends
- ★ Listen to friends
- ★ Understand your friends feelings, step in their shoes
- ★ Check in with friends, smile, be kind
- ★ Help and encourage friends when they need it



We all walk in to school with a different pair of shoes..be kind always.

EMPATHY STARTS WITH UNDERSTANDING OUR OWN FEELINGS, THEN WE CAN LEARN TO UNDERSTAND OTHER PEOPLE'S FEELINGS AROUND US!

If you are experiencing unhealthy peer relationships, try talking to an adult you trust at home or at school. If that is difficult for you, you can visit the websites below for further help and support.



Text **YM to 85258** for free mental health crisis support, any time of the day.



FOR MORE INFORMATION PLEASE VISIT

COMPASS-UK.ORG



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