## **Cultivating Empathy and Compassion in Adolescents**

#### **About Bullying**

- About 20% of students ages 12-18 experienced bullying nationwide.
- Students ages 12–18 who reported being bullied said they thought those who bullied them:
  - Had the ability to influence other students 'perception of them (56%).
  - Had more social influence (50%).
  - Were physically stronger or larger (40%).
  - Had more money (31%).

#### Why Bystanders Do Not Intervene

- · Fear of retaliation and being bullied themselves.
- Fear of losing their social status.
- · They are not friends with the target of the bullying.
- They do not know what to do to intervene or address bullying

#### Why Bystanders Do Intervene

- · Are friends with the target of bullying
- · View the target of bullying as innocent
- · Have empathy for the target of the bullying
- Believe teachers or school staff will appropriately address bullying (stopbullying.gov)

#### Fitting In v. Belonging

- "Fitting in is about assessing a situation and becoming who you need to be in order to be accepted."
- "Belonging doesn't require us to change who we are; it requires us to be who we are" (Brown, 2012, p. 231-232).

#### What is Empathy?

- 1. Perspective taking
- 2. Staying out of judgment
- 3. Recognize emotion
- 4. Communicate emotion (Wiseman, 1996)

# How is Empathy Different from Sympathy? Sympathy

- Feeling sorry for the other person.
- Imagining how we would feel if we were experiencing what is happening to them.

#### **Empathy**

 Imagine what it is like being that person and experiencing things as they do, not as we would. (Wiseman, 1996)

Empathy fuels connection. Sympathy drives disconnection (Brown, 2012).

- Self-Awareness (Burnard, 1987)
- Emotional Intelligence
- Compassion

### **Parenting**

- Modeling
- Family

**Bibliography** 

Brown, B. (2012). Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead. New York: Gotham.

Burnard, P. (1987). Sharing a viewpoint. Senior Nurse 7(3), 38-39

Wiseman, T. (1996). A concept analysis of empathy. *Journal of Advanced Nursing* 23(6), 1162-1167.

https://stopbullying.gov

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