**PROMOTING A CULTURE OF KINDNESS AND RESPECT FOR ALL**

**A LESSON IN EMPATHY**

Empathy is taking the perspective of another person (or putting yourself in another person’s shoes) and feeling with people.

**WAYS TO FOSTER EMPATHY:**
- Volunteer within the community
  - Food/clothing drives, animal shelter
- Watch movies/read books to encourage perspective taking
- Role play situations that teach compassion
- Discuss the importance of connection
- Prioritize in-person conversation
  - Focus on facial expression, body language & tone of voice
- Celebrate differences!

*It’s not always what you say, but how you say it.*

**RESOURCES**

- **BULLYING/CYBER BULLYING:**
  - [https://www.commonsensemedia.org](https://www.commonsensemedia.org)
  - [https://www.stopbullying.gov](https://www.stopbullying.gov)

- **PBS PARENTS:**

- **ELEMENTARY SCHOOL:**
  - **BOOKS:**
    - “Bully BEANS” by: Julia Cook
    - “Have You Filled a Bucket Today?” by: Carol McCloud
    - “Nobody!” by: Erin Frankel

- **MIDDLE/HIGH SCHOOL:**
  - **Pacer Center’s Teens Against Bullying:**
    - [https://www.pacerteensagainstbullying.org](https://www.pacerteensagainstbullying.org)

- **RECOMMENDED BOOKS & RESOURCES:**
  - [https://pathwaystopeace.org/](https://pathwaystopeace.org/)
  - [https://peaceeducation.org/](https://peaceeducation.org/)

**REFERENCES**

- **PENNSYLVANIA ANTI-BULLYING LAWS & POLICIES**
  - **Policies Relating to Bullying**

- **BRENÉ BROWN ON EMPATHY:**
  - [https://www.youtube.com/watch?v=1Evwqu369Jw](https://www.youtube.com/watch?v=1Evwqu369Jw)

**REVISED:** 08/2019
DEFINITIONS:

**IS IT RUDE? IS IT MEAN? IS IT A CONFLICT? OR, IS IT BULLYING?**

**Rude Behavior:** Inadvertently saying or doing something that hurts someone or their feelings.

**Mean Behavior:** Purposefully saying or doing something to hurt someone once or twice.

**Conflict:** Disagreement or argument in which both sides express their views. Both sides have equal power.

**Bullying:** An intentional electronic, written, verbal or physical act or series of acts directed at someone. Bullying is severe, persistent, or pervasive and involves an imbalance of power; it has the effect of resulting in any of the following:

1. Substantially interfering with a student’s education.
2. Creating a threatening environment.
3. Substantially disrupting the orderly operation of the school setting.

INTERVENTIONS & PREVENTIONS:

**PARENT/GUARDIANS:**
- Check-in with your child regularly (ask how things are going with friends)
- Practice how to handle certain situations
- Help your child develop assertive strategies, such as being direct
- Help child identify teachers/friends that can help
- Set boundaries with technology (monitor social media)
- Provide opportunities to practice social skills

**SCHOOL STAFF:**
- Be knowledgeable and observant
- Set positive expectations
- Foster an inclusive culture
- Teach and model appropriate social skills
- Give a consequence that requires reflection and provides a teachable moment
- Provide opportunities to practice social skills

**PARENT:**
- Listen without judgment
- Problem solve together
- Identify and share concerns with a trusted adult at school
- Model self-advocacy
- Empower your child

**BYSTANDER:**
- Don’t stay silent: if you see something, say something
- Report bullying by telling a trusted adult. Reporting is not “snitching” or “tattling”
- Stand beside & support the person by helping them leave the situation together
- Be inclusive

**PERSON EXPERIENCING BULLYING:**
- Act brave & stay confident
- Ignore the behavior
- Stand up for yourself
- Don’t retaliate; maintain your composure
- Report immediately when unsafe.
- Reporting is not “snitching”/“tattling”