

Lets Stop Bullying

Session 4

What Are Respect & Empathy?



Opening Circle



Our Agreed Group Culture



INSERT YOUR OWN AGREED GROUP
CULTURE SLIDE DETAILS HERE!!!



Erasmus+

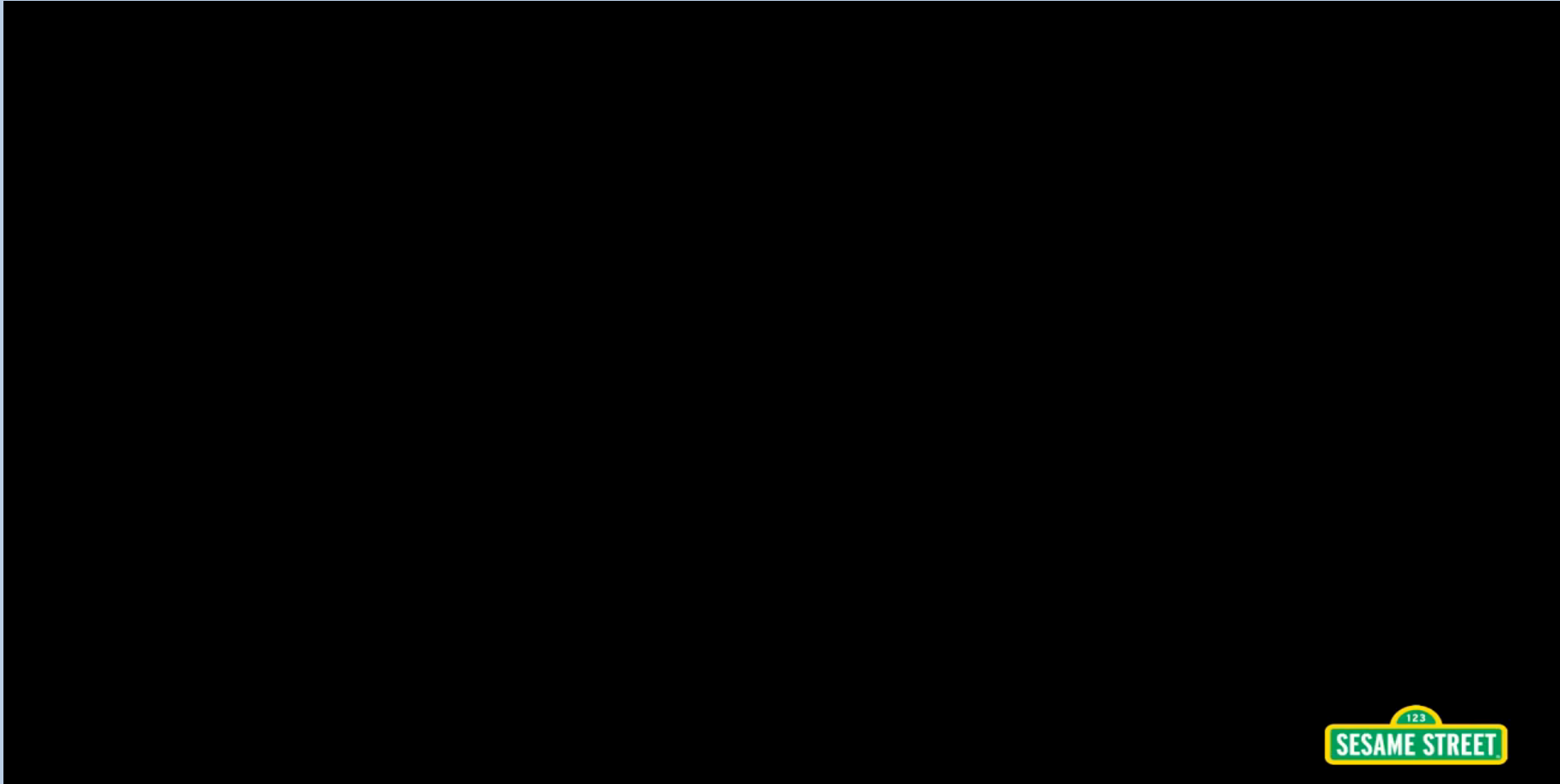
This project is funded by the European Union.



Aim of Session

- Learn about respect and disrespect
- Learn about empathy and how important it is to help stop bullying
- Filling my bucket of kindness

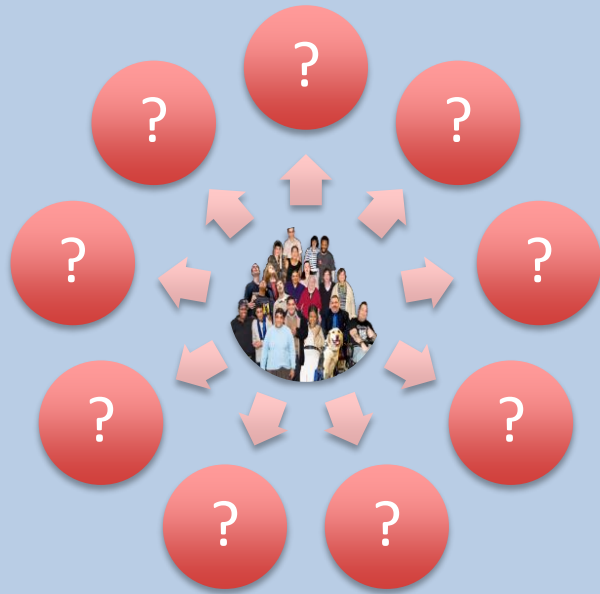
What Does Respect Mean?



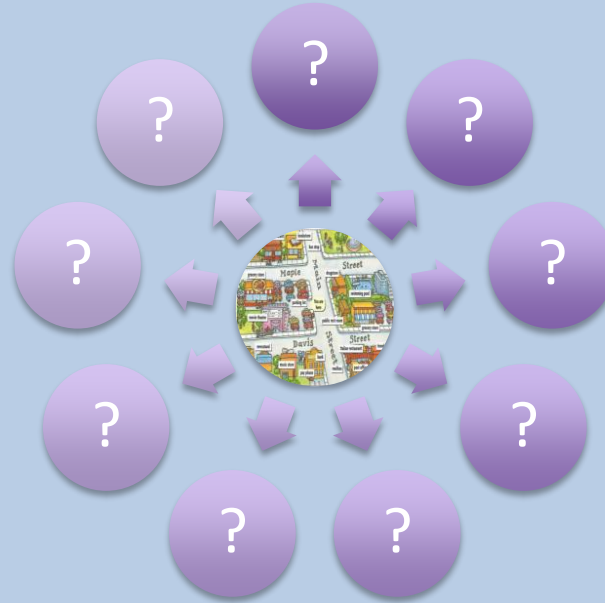
We All Want It



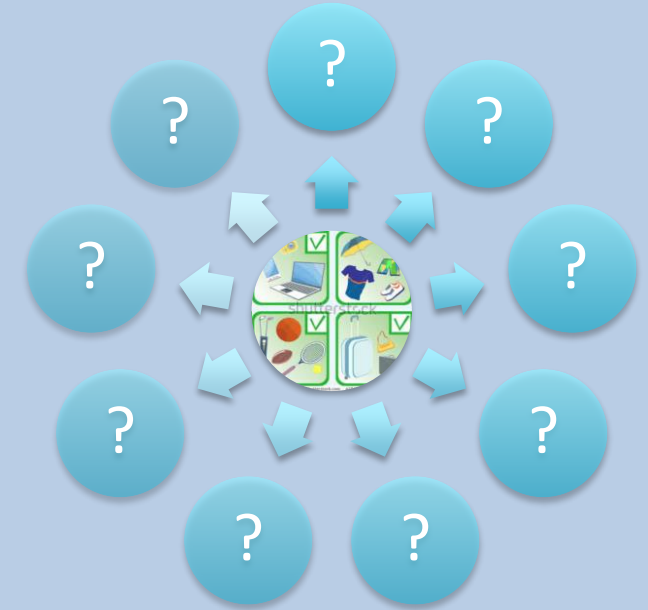
Showing Respect Each Day



People

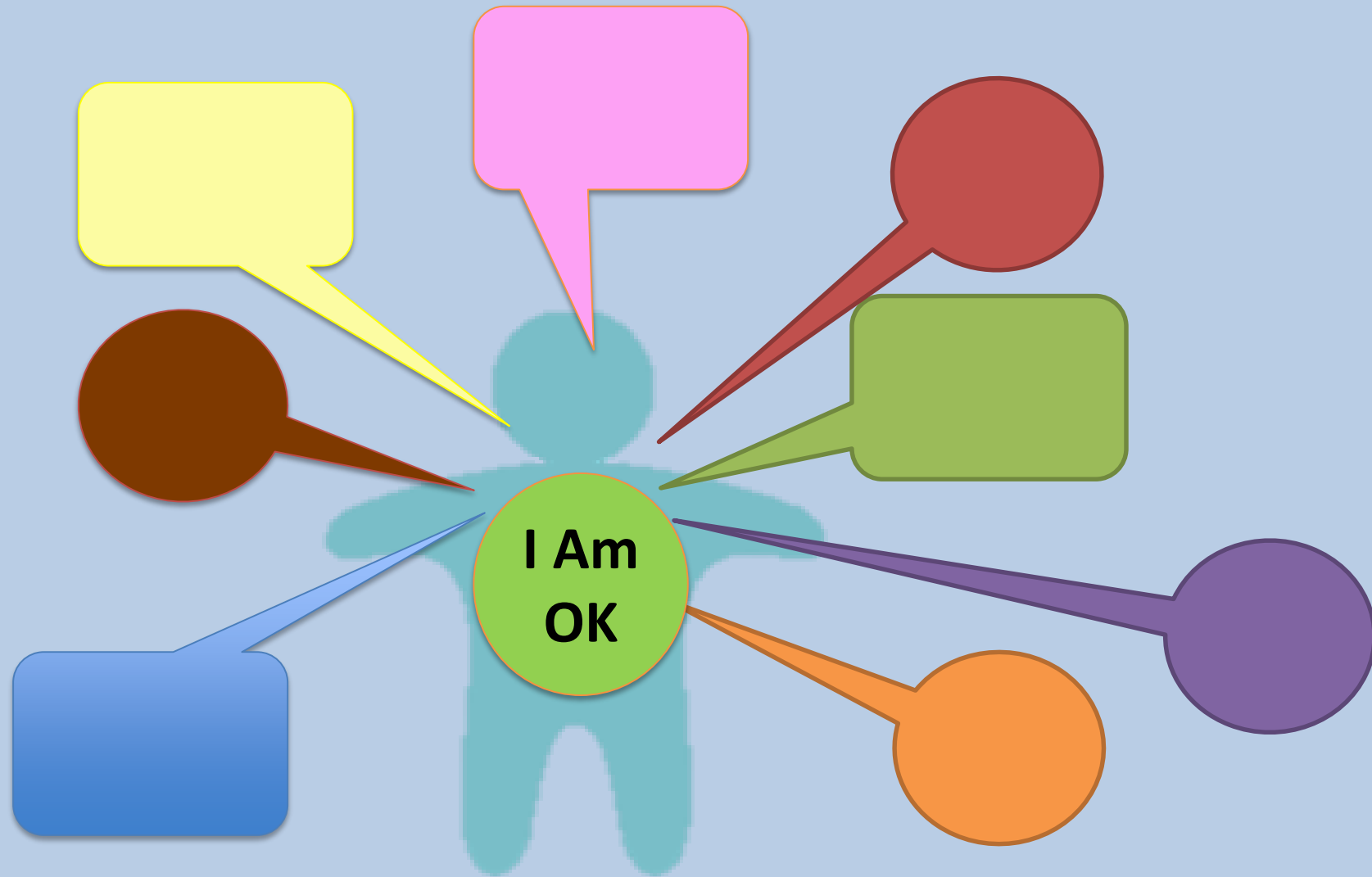


Places we
spend time in



Our things and
other peoples
things

Respect Yourself

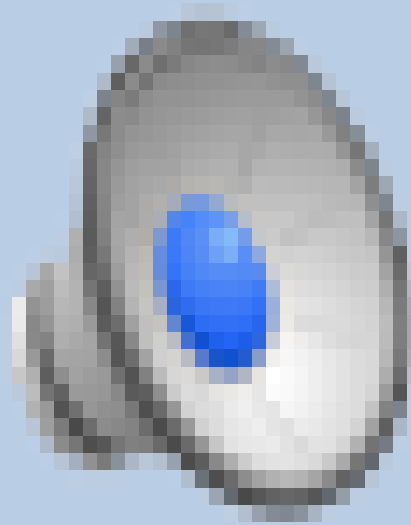


Respect

- Bullying behaviours are always disrespectful
- If we all respected each other there would be no bullying
- Always remember that you do not have to like everyone
- But you do have to respect everyone
- It can be hard to respect someone that has hurt you



What is Empathy?



What is Empathy?

Empathy is all about being able to understand and care about how someone is feeling about something.

This is different from sympathy which means feeling pity or sorrow for something bad that has happened to someone



What is Empathy?

It is the ability to understand and share the feelings of another person.

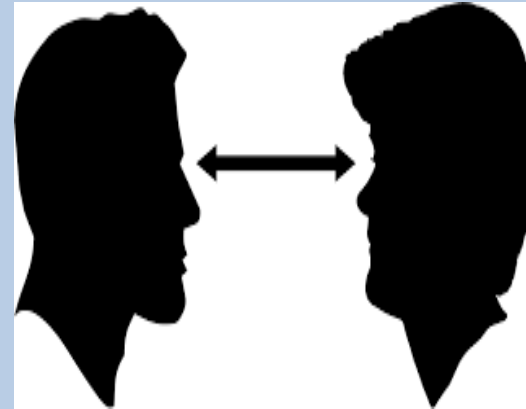
When we **Empathize** with someone we:



Listen with our ears



Show with our bodies
that we are interested



Make eye contact



Try to feel
what they are
saying to you

Discuss!

How would it feel....

- If you saw someone being bullied?
- If you were being bullied?
- If you bullied someone?



Treating people the way you want to be treated

I would not like it if Tim pushed me out of the way all the time, so I will never push anyone out of my way, I will always say excuse me

I would not like it if my friends said mean and nasty things about me behind my back, so I will never say mean and nasty things about my friends

I would not like it if...

Things that I would like other people to do for me

I would like it if other people said good morning to me so I am going to say good morning to the people that are around me

I would like it if other people did not shout so I am not going to shout at anyone

I would like it if other people would listen to what I have to say so I am always going to listen to what others are saying

I would like it if...



Walk In My Shoes – What Is It Like To Be Me?



Can Empathy Help Stop Bullying?



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This project is funded by the European Union.

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Empathy can change the world



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Bucket Of Kindness

