

# EMPATHY

## Parent Resource

GRADES  
**9-12**

### What is empathy?

Empathy means understanding others' thoughts, feeling and actions.

Teaching your child how to show empathy will help him or her build stronger relationships and contribute to a more positive environment.

In grades nine through twelve, children begin or continue:

- ✓ 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:

#### PROVIDE AN EXAMPLE



Share with your child a time 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 FOR YOU AND 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.

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