Em p a t h y  U n i t:

1. What is empathy? (it’s not “sympathy”)

1) Identify with _____________________________ How do ____ feel?
2) Put yourself _____________________________ How would ___ feel?
3) Respond and show your ______________________ What can I ____?

2. Often in middle and high schools we put kids in groups and label them. What labels do we have here at our school?:

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- 
- 
- 

3. Why do we label?

4. Stereotypes: are generalizations used to define a group of people based only on ____________________________ of one or just a few members of that group.

5. What is the problem with stereotypes?

6. This is often the progression: we label ........ we stereotype ........ we make fun of.......... are mean ........ think we’re better than them .......... bully/harass ............ prejudices ........ discrimination....... anger ........ Hate......... VIOLENCE

7. Prejudisms: Stereotypes cause people to form prejudices. To be prejudiced means to _____________________________ a person. It is a _____________________________, or unreasonable opinion, almost always negative about someone because they are associated as part of a group of people. (often based on inaccurate information and not even knowing that person individually)

STEREOTYPES LOWER OUR EMPATHY

• RACIAL
• RELIGIOUS
• GENDER
• WEIGHT
• STYLE OF CLOTHES
• SEXUAL ORIENTATION

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8. **Racism** is: Discrimination or prejudices based on ________.

9. **Bigotry** is: Being intolerant of opinions, lifestyles, or identities differing from his/her own.

10. As you watch the video or hear articles on violence check any risk factor you see or hear:

    ___1. Failing to recognize violent behavior
    ___2. Lacking self-respect
    ___3. Being raised in a dysfunctional family
    ___4. Living in an adverse environment
    ___5. Lacking social skills
    ___6. Being unable to manage anger
    ___7. Being unable to manage stress
    ___8. Not participating in physical activities
    ___9. Having suicidal tendencies
   ___10. Resolving conflict in harmful ways
   ___11. Practicing discriminatory behavior
   ___12. Lacking responsible decision-making skills
   ___13. Being unable to resist neg. peer pressure
   ___14. Using alcohol + other drugs
   ___15. Carrying a weapon
   ___16. Belonging to a gang
   ___17. Challenging authority, breaking laws
   ___18. No precautions to protect yourself from vio.
   ___19. Avoiding recovery if victim of vio.
   ___20. Repeating vio. if juv. offender

11. **Violence Video or Articles Conclusions:** If you are with someone who commits a crime, you can also be found ________________.

    Don’t hang out with _______________________________!
1. What is empathy? (it’s not “sympathy”)

1)_____ identify with their feelings How do they feel?
2)_____ Put yourself in their shoes__________ How would I feel?
3)_____ Respond and show your understanding ______ What can I do _?

THE OPPOSITE OF EMPATHY IS: ___ selfishness ____

EMPATHY IS A CHOICE !!!

2. Often in high schools we put kids in groups and label them. What labels do we have here at SHS?:

- jocks - preps
- stoners - skaters answers can vary
- goths - nerds

3. Why do we label? To know where we fit in, to organize and make sense of things

4. Stereotypes: are generalizations used to define a group of people based only on appearance, words, or actions of one or just a few members of that group.

5. What is the problem with stereotypes? They can be hurtful, we don’t get to know people for who they really are -STEREOTYPES LOWER OUR EMPATHY

STEREOTYPES LOWER OUR EMPATHY

6. This is often the progression: we label ........ we stereotype ........ we make fun of........... are mean ........ think we’re better than them ........... bully/harass ............ prejudices ........ discrimination....... anger ....... Hate......... VIOLENCE

7. Prejudisms: Stereotypes cause people to form prejudices. To be prejudiced means to _____pre-judge_______ a person. It is a _____negative_______, or unreasonable opinion, almost always negative about someone because they are associated as part of a group of people. (often based on inaccurate information and not even knowing that person individually)
8. **Racism** is: Discrimination or prejudices based on ____race____.

9. **Bigotry** is: Being intolerant of opinions, lifestyles, or identities differing from his/her own.

10. As you watch the video or hear articles on violence check any risk factor you see or hear:

___1. Failing to recognize violent behavior
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___17. Challenging authority, breaking laws
___18. No precautions to protect yourself from vio
___19. Avoiding recovery if victim of vio.
___20. Repeating vio. if juv. offender

11. **Violence Video or Articles Conclusion**:- If you are with someone who commits a crime, you can also be found ____guilty____. Don’t hang out with ____violent people____!