# Empathy

Empathy is the ability to identify and understand other's feelings. Building an understanding of others feelings is an important part of bullying prevention. The bully often doesn't understand the impact of their actions. When bystanders to bullying understand how others feel they are more likely to intervene rather than participate. The following scenarios encourage the exploration of what it feels like to be bullied.

Read each scenario and answer the questions that follow.

1

I felt like crying. Why were they doing this to me. Why did he have to start it every time. Why do they follow him – they know it is wrong - why do they do it? I'm helpless despite my strength. It isn't about me, it is about him. You can see it in his eyes... the fear... the helplessness... the hurt... the anger... all that he is inflicting on me is his fear... his helplessness... his hurt... his anger. It isn't me. But still, I pity him, I hate him, I can not forgive him – but I can not fight back, I can not escape it – they are all too powerful – they are all too weak.

a) Describe how the person was feeling in this situation.

b) Describe why they were feeling that way.

c) What actions did they take?

d) What other options did they have?

e) Why didn't they get help from someone else?

f) Describe how you could intervene and help in this situation?


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