

# Lets Stop Bullying

Session 4

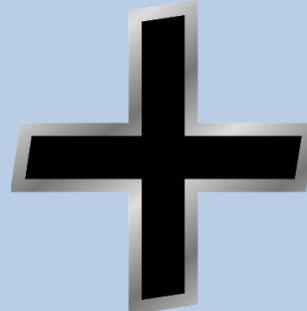
## What Are Respect & Empathy?



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# Opening Circle



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# Our Agreed Group Culture



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



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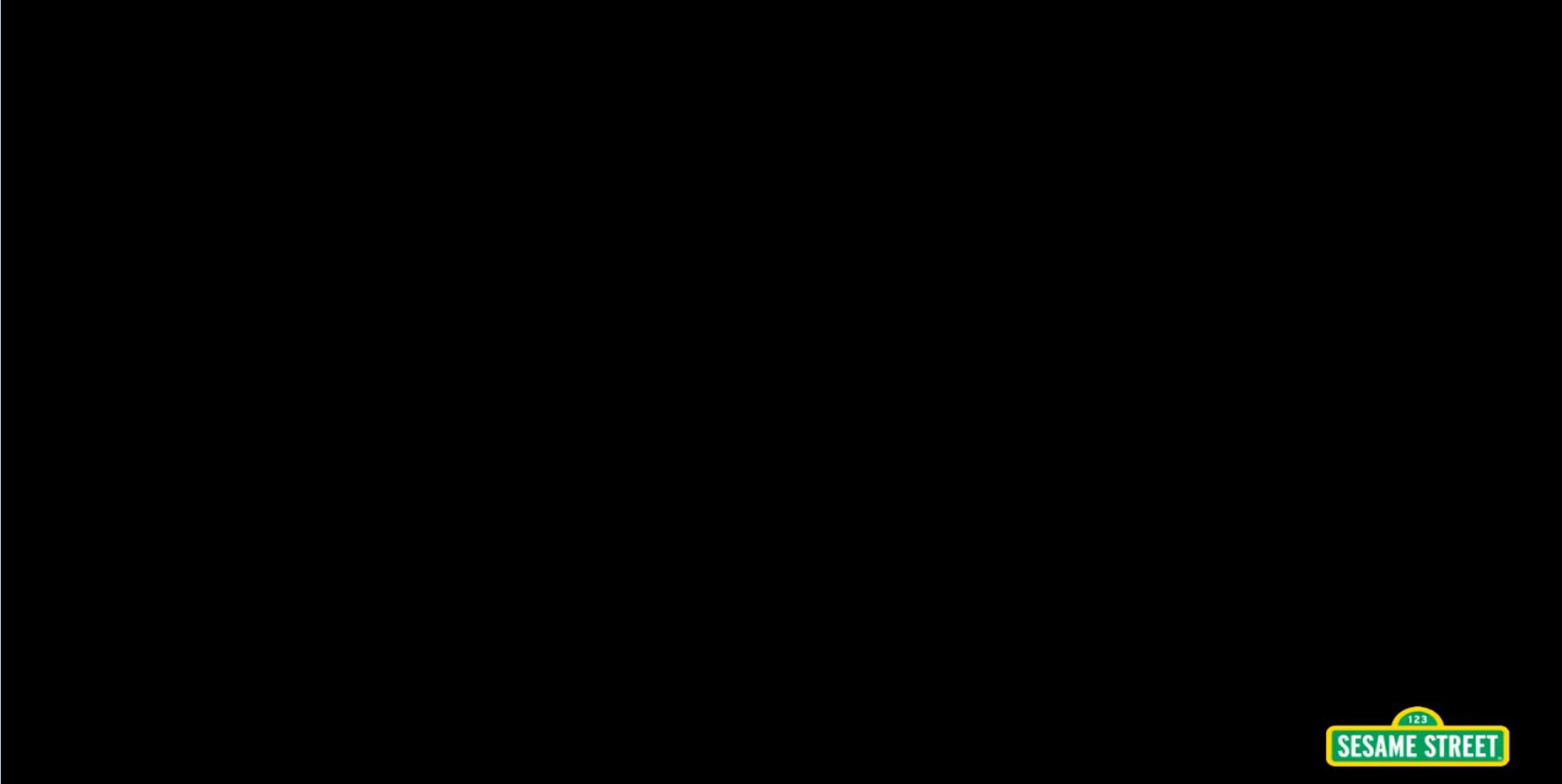
# Aim of Session



- 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?



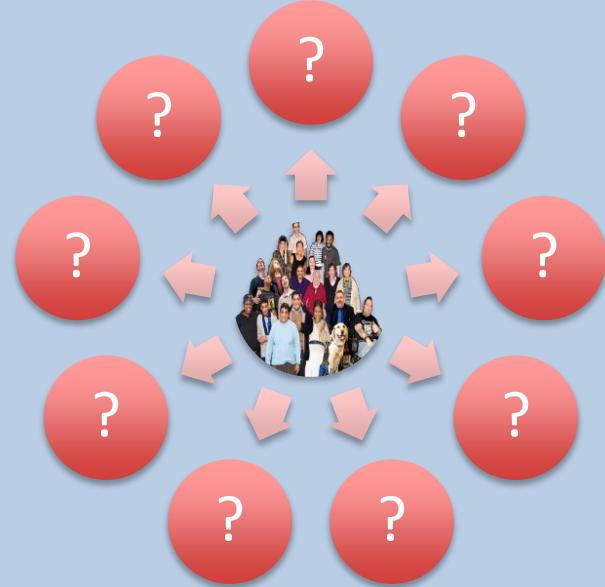
# We All Want It



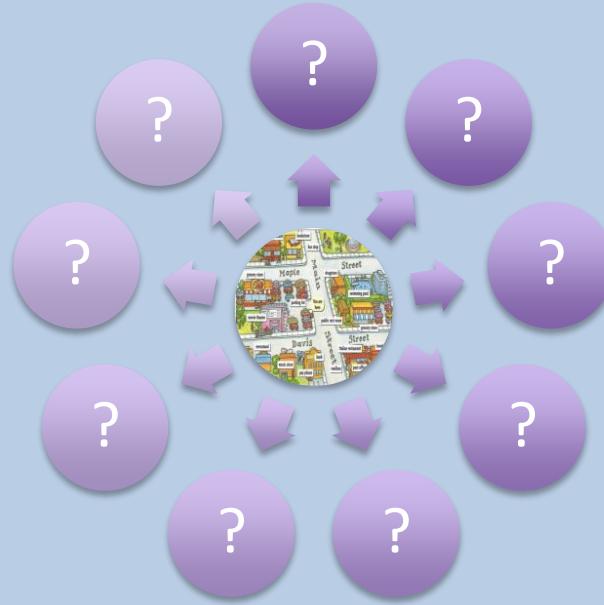
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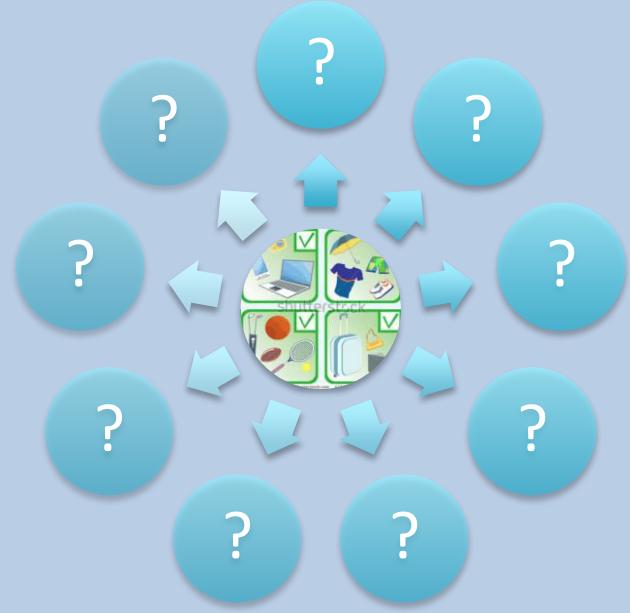
# Showing Respect Each Day



People

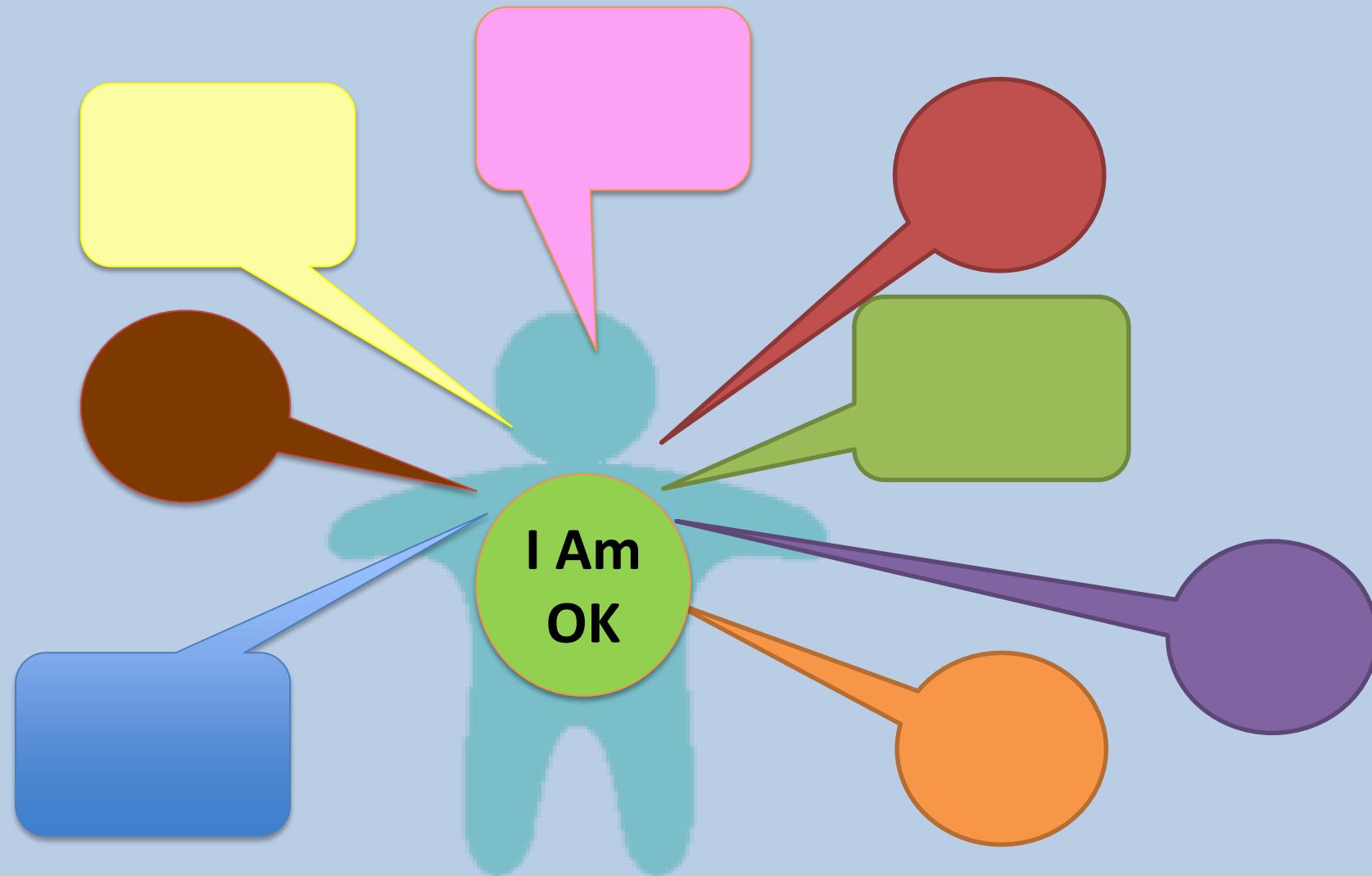


Places we  
spend time in



Our things and  
other peoples  
things

# Respect Yourself



# Respect



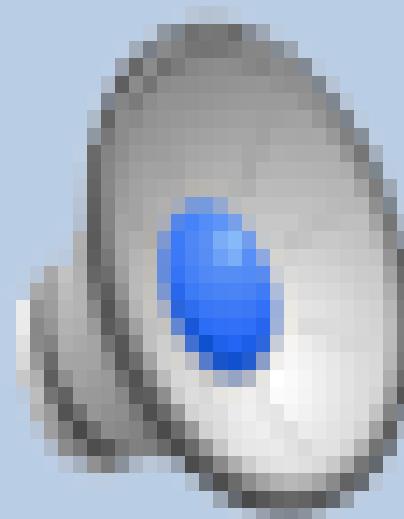
- Bullying behaviours are always **disrespectful**
- If we all respected each other there would be no bullying
- Always remember that you do not have to like everyone
- But you do have to respect everyone
- It can be hard to respect someone that has hurt you



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# What is Empathy?



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# 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.

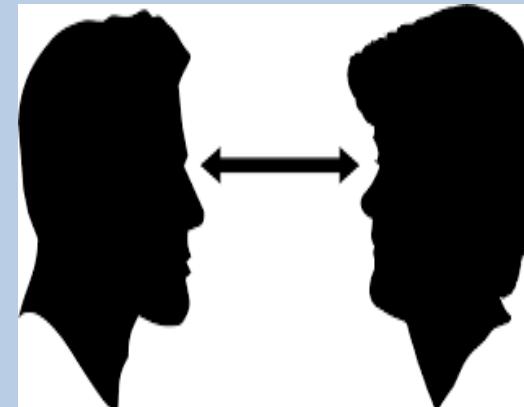
When we **Empathize** with someone we:



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



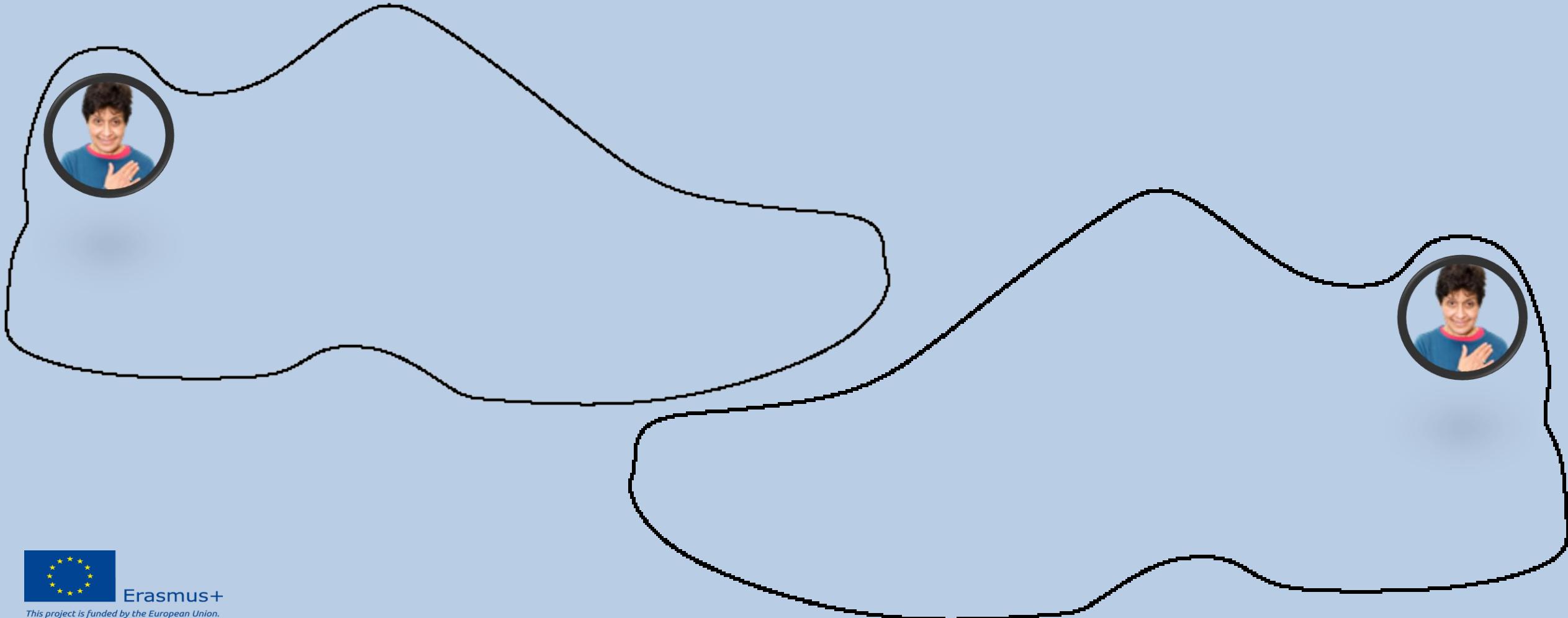
**I would like it if** other people said good morning to me so I am going to say good morning to the people that are around me

**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?



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# Can Empathy Help Stop Bullying?



When we  
empathise...

we think about  
how we are  
making people  
feel...

this can lead to  
**changed  
behaviour....**

and **better  
relationships!**

# Empathy can change the world



# Bucket Of Kindness



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