

Dear Families/Caregivers,

In order to effectively navigate the world, understand the range of human experiences, and relate with others, students must learn to empathize with others. Being empathetic promotes trust, which leads to positive relationships built on open and honest communication.

Perspective is the way a person sees people, places, situations, and events. Empathy is the ability to understand and share the feelings of another person.

Strategies to become more empathetic include:

- **Watch and Wonder**
Take the focus off yourself and look around you. What is going on in the lives of the people you meet every day?
- **Keep an Open Mind**
Make eye contact and listen. Really listen to what the person is saying with both words *and* body language.
- **Connect with Others**
Think about the situation from the perspective of another person.

When you and your teen are running errands or attending an event, talk about how other people around you may be feeling. Invite your teen to put themselves in another person's shoes.

You don't have to have experienced what another person is going through to be empathetic. Empathy is being willing to look at a situation from another person's perspective.