

## YOUNG & SAFE

### RESPONDING WITH EMPATHY

1. Imagine one of your friends has posted on social media that a family member is seriously ill.
2. On the image below, write a comment to your friend that expresses empathy. You might like to use images, words and quotes to express empathy for others in your post.



#### How to respond with empathy:

1. Make an effort to understand others – even if you don't understand what the person is experiencing, you can try and understand their feelings. E.g. "That sounds really upsetting!"
2. Acknowledge their experience. E.g. "I'm sorry to hear your family has been having a hard time."
3. Show compassion by offering support – E.g. "Is there anything I can do?"