



## Building Empathy Activity Handout

Understanding the feelings of others and how you can support your community online.

### Directions

Read the scenarios and circle how you would respond

1. A couple you know is going through a nasty breakup. Both are your good friends. You read a post on social media that trashes one of them.

Do nothing                      Respond to the post                      Report                      Something Else

2. A good friend of yours recently got into an argument with another student. That student sent a racially insensitive text to your friend, they showed you a screenshot of what happened.

Do nothing                      Respond to the text                      Report                      Something Else

3. A student you don't know is being bullied online through social media posts. Other students and members of the community are questioning his gender. Some of your friends are the worst offenders.

Do nothing                      Respond to the posts                      Report                      Something Else

4. A photograph and story of you in an embarrassing situation has been posted online and portrayed as a real news story.

Do nothing                      Respond to the post                      Report                      Something Else

5. Some students you don't know are spreading a nasty story about you on social media. Your friends think it is true and begin to ignore you.

Do nothing                      Respond to the posts                      Report                      Something Else

### Discuss

Pick one of the above scenarios and tell your group why you chose your answer. Are there other ways you could respond to this scenario?

After everyone has had a chance to share answer the following questions as a group:

1. Why are positive comments important to you? How do they affect your life?

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2. When people are experiencing some difficulty - such as arguments, friendship breakups, false accusations or harassment - why is it better not to make negative comments?

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3. What responsibility do you have for your online communication?

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4. How can you help encourage others to take this responsibility seriously?

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