



Building Empathy Activity Handout

Understanding and sharing the feelings of others

Directions

Read the scenarios below and determine how you would answer the following questions. Be prepared to discuss!

Scenario 1

Gabi was at lunch with her friends, but when she ran to the bathroom, she left her phone on the table. While she was gone, her friend Castel grabbed Gabi's phone and started looking through her texts. The first text she saw was an angry one from Gabi's mom because she failed math.

1. How would that make Gabi feel?
2. Why would Gabi not want to tell her friends about her bad math result?
3. Were Castel's actions acceptable?
4. How would the other friends at the lunch table feel about Castel's actions?
5. What do you think about Castel? Was Castel acting ethically? Would you want to be friends with Castel? How would you feel if someone did that to you?
6. Is snooping ever okay? What if you are worried about your friend?



Scenario 2

Rodrigo is talking to Caitlin when he trips and falls into the mud. Caitlin thinks he looks really funny and takes a photo of him, but Rodrigo doesn't laugh and appears embarrassed.

1. Why might Caitlin post the photo online?

2. Why is Rodrigo upset?

3. What do you think Rodrigo should say to Caitlin?

4. How would you feel if someone took an embarrassing photo of you? Would you want that online?

5. Is this situation an incident of bullying? Why or why not?



Scenario 3

Victoria and Marek are schoolmates and are working together on a project in science class. Victoria has a chronic illness that she prefers to keep private. During the project, Victoria is home sick from school for several days, so Marek has to work on the science project by himself. They do not receive a good grade and Marek posts a status complaining about his partner with a picture of the bad grade.

1. Who needs to know about her results at school? Her medical history? Why?

2. Whom might Victoria want to talk to about any of these issues?

3. In your life, what are examples of information that you want your parents/caregivers to see but not your friends, or vice versa?

