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This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

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This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

K \en life gYa g'so fast-paced that we have difficulty taking time for ourselves, it's easy to be less compassionate toward those around us. Theg' activities will help students understand what empathy is and how they can take steps toward acting more empathetically.

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Understanding Other People

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Emotional Intelligence

TeensHealth.org/en/teens/eq.html

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I Hurt My Friends' Feelings. What Should I Do?

TeensHealth.org/en/teens/apologize.html

Apologizing

TeensHealth.org/en/teens/apologies.html

Getting Along With Your Teachers

TeensHealth.org/en/teens/teacher-relationships.html

Talking to Your Parents – or Other Adults

TeensHealth.org/en/teens/talk-to-parents.html

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BchY. 'H\Y`Zc`ck]b[`ei Yg]cbg UFY`k f]H\Yb`]b`Ub[i U[Y`Uddfcd]UHY`Zcf`g]Uf]b[`k]h` nci f`gi XYbhg`

1. What is empathy, and how is it different from sympathy? @gh`gca Y`UW]cbg that show h\Y`X]ZfYbWg VYrk YYb` empathy sympathy.
2. K \UhXcYg`h]g]g]b[`a YUb3 "Don't criticize gca YcbY until you've walked a mile in h\Y]f shoes."
3. Why do you think it's easier for some people to empathize with others? What makes it difficult to show empathy?
4. What images of empathy do you see around you on TV`UbX in the movies? What effectg do you think the media a][\h`Uj Y on how we act toward other people?

