

Empathy can help prevent bullying

Editor's note: Ms. Edward's fourth-grade reporters have been learning about how showing empathy can help prevent bullying. As a part of their research, they interviewed Mrs. Colleen Burns, La Salle social worker, and Ms. Lauren Schwartz, third-grade teacher.

Q: What does empathy mean to you? Why is showing empathy important?

Mrs. Burns: Empathy means being able to understand how another person feels. Showing empathy is important because it lets another person know they are understood.

Mrs. Schwartz: Empathy is when you understand how someone feels and what they're going through.

Q: Can empathy stop people from bullying? Why or why not?

Mrs. Burns: Yes, I believe empathy can stop people from bullying, because they can imagine how the victim feels, and then maybe the bully wouldn't want to bully.

Mrs. Schwartz: Yes, it can, because if you understand what it feels like to not be treated nicely, you won't want to do it to others.

*(Please see **Showing** on Page 3)*

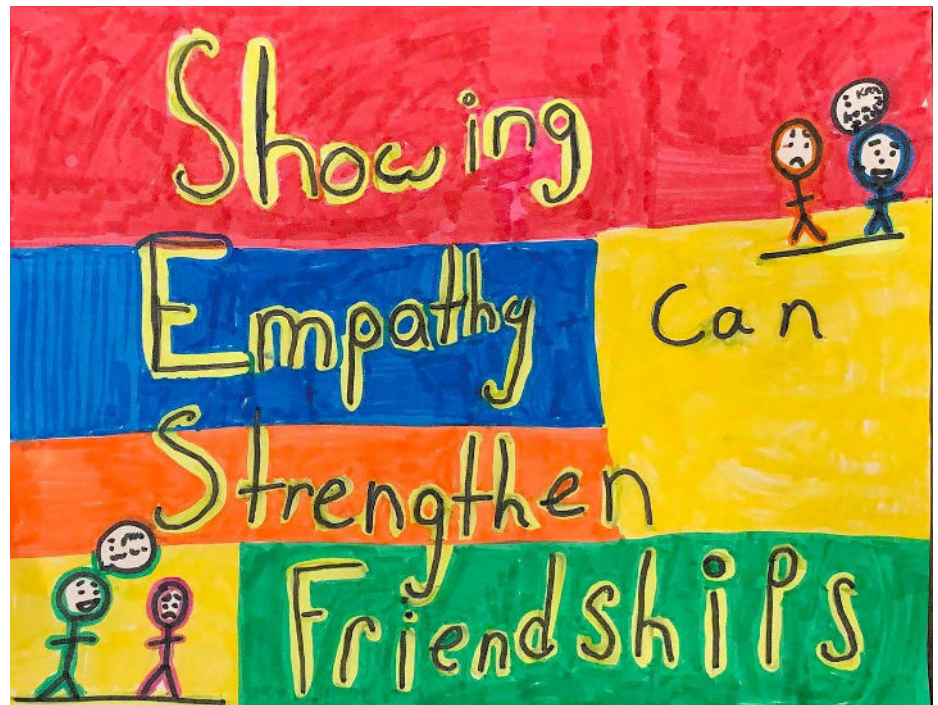


Illustration by Healthy NewsWorks reporter

Empathy means being able to understand how another person feels. Showing empathy is important because it lets another person know they are understood.

Friends offer support during tough times

Editor's note: Dr. Rikesh Chakradhar, a pediatric resident at St. Christopher's Hospital for Children, recently spoke with La Salle Healthy News reporters about friendship.

Friendships can help prevent bullying, according to "Why Inclusion and Friendship are Healthy for Kids and Teens," an article on stompoutbullying.org. Friends help out when someone is in a bullying situation. For instance, they stand up for the victim and find an adult to help, according to the article.

The interview with Dr. Chakradhar has been edited and shortened.

Q. What does it mean to have a

friend?

Dr. Chakradhar: A friend means having someone with whom you can share your feelings, your emotions, and get that support, too, when you are having a bad time. So it's very good for your health. ... It's always nice to have friends around you.

Q: Is friendship good for your health?

Dr. Chakradhar: Human beings are social beings, meaning we can't —and should not—live alone. In life we always come across different

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Friendship can be a source of great joy

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challenges and ups and downs. And you need friends to support and to help you during those times. Sometimes we are happy and sometimes we get sad. When we share our happiness with friends, it multiplies, and when we share our sadness, it gets less.

Q: What can friendships lead to?

Dr. Chakradhar: Friendship can lead to beautiful memories, a great joy, and a big smile in your life. Having a friend gives you that comfort that whatever comes in your life, any challenge— you can face it. You get that confidence, if you have a good friend.

You also know the joy of giving. The best feeling is to share the happiness of your friend and to support them when they are in need. The feeling you get from helping others—you don't get it from anything else.

Q: Have you ever had an argument with a friend? How did you fix it?

Dr. Chakradhar: In friendship, things do not always go as you plan, and sometimes there are arguments. Two main causes of arguments in friendship are misunderstanding and miscommunication.

To solve arguments with your friends, first, always speak the truth—never lie. Second, always be transparent. You don't have to hide your feelings, thinking that they might hurt the feelings of your friend, because friends are the ones that accept both your good and bad. That's the understanding that we make in friendship. You accept the good and bad things about each other. And you try to

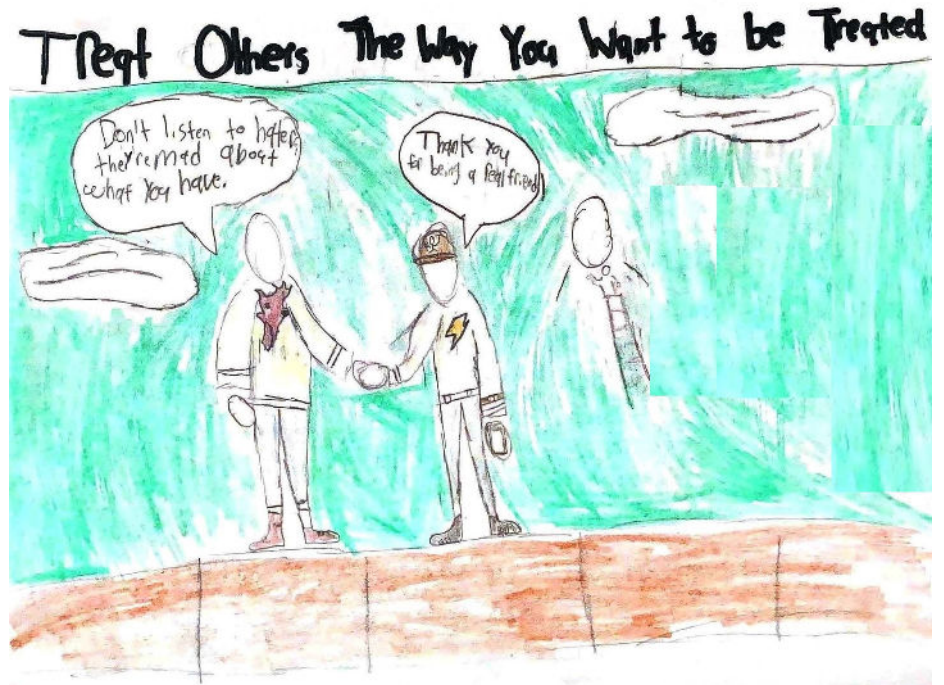


Illustration by Healthy NewsWorks reporter

In friendship, it's important to treat others the way you would like to be treated.

grow the good things and ignore the bad things.

Q: Can friendship lead to trouble?

Dr. Chakradhar: Sometimes hanging out with bad friends can get you into trouble. We should always look for the opportunities to give help that we can, to provide support to our friends. If they are getting in trouble at home or at school, we should talk with them and see if we can help. But we should be careful to choose friends who are respectful, hardworking, loving, and supportive.

Q: How can I help a friend who is having a hard time?

Dr. Chakradhar: It's our duty and our responsibility to share the challenging times of our friends. If a friend is having a hard time, listen to them. Look for any way

you can to help. Encourage him or her to talk with their family members or a trusted teacher.

Q: How can I make friends with people who have different religions and cultures than me?

Dr. Chakradhar: I can answer that question, because I came from a different culture. I came from Nepal, and the culture over there is totally different. [Nepal is in Asia. It is located between India and China.] The food that we eat, the festivals we celebrate—everything is different compared to the United States.

Be open and accept people and cultures from different parts of the world. And you should be open to showing your own culture as well. It's fun to look at different cultures and share the food and holidays, and that helps to know more about the person.

Showing empathy lets people know they've been heard

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Q: How can you learn to be empathetic?

Mrs. Burns: You can learn to be empathetic by knowing your own feelings in a situation and remembering how you felt. If you try to put yourself in other people's shoes and imagine how they feel, you might learn to be more empathetic.

Mrs. Schwartz: You can start by listening to other people's feelings and asking them how they feel.

Q. How does empathy help people heal?

Mrs. Burns: It lets people know that they have been heard and understood. It helps them move on from whatever happened.

Mrs. Schwartz: Empathy helps people because you can get help and support when people are empathetic.

Q. Is there anything else you'd like to add?

Mrs. Burns: I think the world can be a better place if sometimes we stop for a moment and try to be empathetic to others.



Illustration by Lilyana Lopez

By being a positive influence in their communities, students can help stop bullying.

How bystanders can stop bullying

Ms. Edwards' fourth-grade reporters have been researching ways to reduce bullying in their school and community. They visited pacerkidsagainstabullying.com and learned the importance of their role as a bystander and how to be a positive influence in their community. The reporters came up with the suggestions for bystanders.

What should a bystander do?

- Let the person being bullied know that what is happening to them is not OK. Be a friend.
- Tell an adult and be specific about what the bully is doing.
- Explain to the bully how to treat someone.

- Encourage the bully to show empathy and think about how the person they are bullying feels.

What's the difference between tattling and telling?

When you "tattle" on someone, you are trying to get someone in trouble on purpose. When you "tell" on someone, you are doing it to keep someone from being hurt.

Who are some people you can tell if you see bullying?

You can tell teachers, parents, grandparents, older siblings (18 years old or older), and school counselors.

La Salle Academy Healthy News

A publication of La Salle Academy in Philadelphia, which is an independent Catholic school. Student staff members are fourth graders and include Jaelynn Avelino, Jeremiah Boulogne-Kelso, Novah Garcia, Alani Gillard, Samaj Johnson, Lilyana Lopez, Jariel Mendez, Noah Scott, Nyasia Scott, and Demensio Villa. The *Healthy News'* faculty advisor is Ms. Edwards. Ms. Diamond is the school principal.

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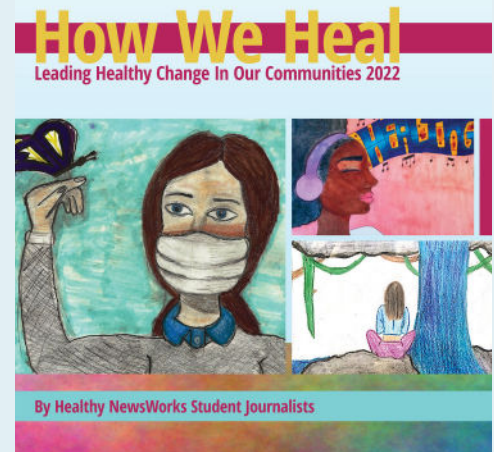
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Congratulations, *La Salle Healthy News* staff, for contributing to “How We Heal: Leading Change In Our Communities 2022,” a new book by kids, for kids. The book includes an article about Laura Romano, a mindfulness expert at Einstein Healthcare Network. The article appeared in a previous edition of the *Healthy News* earlier this year.

La Salle artists also contributed to the book as well as to a new film based on the book. The artists include: Kaylee Jones, Alexandra Romanowski, Colleen Jones, Victoria Adegboyega, Jose Arevalo, Jaelynn Avelino, David Hernandez, Semaj Johnson, and Neveah Rivera.

Teachers: You can find the book, video clips, and classroom activities at HealthyNewsWorks.org.

Do you want to show your students the film version of How We Heal? It is a kid-led newscast with experts and community leaders discussing healing. To set up a showing, contact Marian Uhlman at muhlman@healthynewsworks.org.



Kaylee Jones' illustration of a masked girl and butterfly is on the book cover.

La Salle art featured in the book, film



Illustrations by LaSalle artists (clockwise from top right) Alexandra Romanowski, Semaj Johnson, Colleen Jones, and Victoria Adegboyega. See even more of their work in “How We Heal: Leading Change In Our Communities 2022.”