

# EMPATHY

## SUPER SKILLS

### WHAT IS

The ability to understand and share the feelings of others, **empathy** allows us to see things from the other's perspective rather than our own. It is a crucial skill that enables social and professional relationships, develops self-awareness, and contributes to an equitable and peaceful world.

Empathy is needed to express compassion (the motivation to act upon other peoples' suffering).



*Children who demonstrate empathy are more self-aware.*



Empathy is crucial for mental and physical well-being; it is the root of caring and enables communication and healthy social and working relationships.

Empathy teaches children responsible decision-making and to consider family and friends, their community, and world.

Empathic youth have more self-awareness and are more responsive to others, which can help protect them against substance abuse and other risky behavior.

Empathy contributes to social awareness and reduces bullying, prejudice and racism. It lays the foundation for just, peaceful and compassionate societies.

Empathy literally allows us to understand the state of mind of others and leads to more helping behavior - especially towards people outside of our own community.

### WHY EMPATHY MATTERS

### Did You Know?

Actively listening to others is essential to learning empathy.

*Empathy is one of the Super Skills promoting Social and Emotional Learning (SEL).*



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**THE SCIENCE OF SKILLS**

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

[www.unodc.org/listenfirst](http://www.unodc.org/listenfirst)



# THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

## SELF MANAGEMENT

Being able to regulate one's emotions.  
Do you think before acting?  
Do you set and achieve goals and plans? Do you recognize anger?

## RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.  
Do your decisions have a positive impact on others?  
Do you use critical thinking skills to set priorities?

## STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.  
Do you prevent stress by practicing self-care and relaxation?  
Do you manage your response to stressful situations when they do occur?

## SELF AWARENESS

To recognize one's emotions and behavior.  
Do you know your emotions?  
How do they influence your behavior?

Grow Your  
**Super Skills**  
AND THRIVE!

## RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.  
Do you use communication skills such as active listening, and conflict resolution?  
Do you practice empathy?



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