

UNDERSTANDING THE WORLD



WORLDVIEW:
THE WAY WE
VIEW THE
WORLD



EMPATHY:
THE ABILITY TO
UNDERSTAND
AND SHARE
THE FEELINGS
OF ANOTHER



**ON-LINE
ETIQUETTE**
MEANS GOING
BACK TO THE
GOLDEN RULE &
USING CAUTION



**WHEN YOU BEGIN
TO EMPATHIZE WITH
OTHERS, YOU WILL
EXPERIENCE A NEW
DEPTH TO YOUR
RELATIONSHIPS**

Ask Your Teen About:

- The What Do You See demonstration
- Life is a Chemical Reaction demonstration
- Bill Gates on mentors
- *The Bystander Effect* video
- The video of *Humanity*
- *Respect on Social Media* video
- Cell phone etiquette

Content:

- Asking open ended questions helps us to better understand others
- Reflective listening: Listening to understand rather than to judge
- The importance of mentorship
- Respect on-line

**"Seek to
understand
before being
understood"**
~Stephen
Covey

**"We make a
living by what
we get, but we
make a life by
what we give."**
Winston
Churchill

**Homework:
Understanding
Empathy**

Homework: Understanding Empathy

BECOMING SELF AWARE

Homework: KWL Chart



2

Content

- Self-Aware: Understanding your own feelings and emotions
- Until we understand exactly what we are feeling and why we are feeling it, we will have no control over our emotions
- How we train our brain to cope with stress now is how our brain will automatically cope with stress in the future
- Healthy ways to relieve stress:
 - Deep breathing
 - Physical activity
 - Solitude
 - Talk to someone
- Signs it is time to seek professional help
- Consequences of holding our emotions inside
- How to help a friend who is struggling
- The difference between asking ourself positive and negative questions

Ask Your Student About

- The Emotions GIF
- Class Student Survey On Stress
- *How Texting Affects Our Brains* Video
- *How Reflective Moments Can Increase Decision Making* Video
- Tony Robbins and *The Power Of Questions*

TECHNOLOGY ETIQUETTE



CONTENT:

- A destructive behavior is still destructive, even if everyone else is doing it
- How to form deep, meaningful relationships
- Oversharing: providing more information than is necessary or healthy
- All digital activity is public and permanent
- Cyberbullying: The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature
- Empathy: The ability to understand and share in the feelings of another
- "Seek first to understand, then to be understood" ~ Stephen Covey

ASK YOUR STUDENT ABOUT:

- Technology Etiquette Quiz
- Simon Sinek on *Technology Addiction*
- *Teen Voices: Oversharing and Your Digital Footprint*
- *The View on Social Media Posts That Hurt A Job Search*
- Boston Area Principal Fights Back Against Cyberbullying
- *Under The Surface: Empathy Film*
- Empathy Practice