

# 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**

*Homework: Understanding Emotions*

# UNDERSTANDING STRESS

## Content:



- Positive ways to cope with mild stress:
  - Breathing exercises
  - Physical activity
  - Healthy diet
  - Relaxation exercises
- Depression rates in teens over the last 10 years have increased greatly.
- Finding support when you are struggling
  - Go to a trusted adult for help when you can't work it out on your own or when someone could get emotionally, sexually, or physically hurt.
  - Seek professional help when your depression, anxiety, or stress is difficult to control on your own and is inhibiting your ability to function during the day

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## ASK YOUR STUDENT ABOUT

- Their survey results
- *How to Recognize and Cope with Stress* - video
- GMA on Anxiety from our devices
- Michael Phelps on depression
- *Why It Is Important to Express Your Feelings* - video

It's okay  
to not  
be okay

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# UNDERSTANDING MYSELF



## ASK YOUR STUDENT ABOUT:

- Teens Take on Technology
- CBS Mental Health Issues Connected to Cell Phone Use
- *Sleep for Teens* - video
- The Sleep Demo
- Cal Newport explaining Solitude Deprivation
- *Hannah's Substance Abuse Story*
- *I'm Fine*- Teen Depression Video
- Reach Out - Preventing Teen Suicide

## CONTENT

- Technology and teens
- REM sleep cycles
- Quiet time without any input can help us to process the world
- The importance of talking to a trusted adult when we are struggling
- How to get help for a friend who may be suicidal
- Where to go for professional help