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# Empathy Cards

The violence stops with you

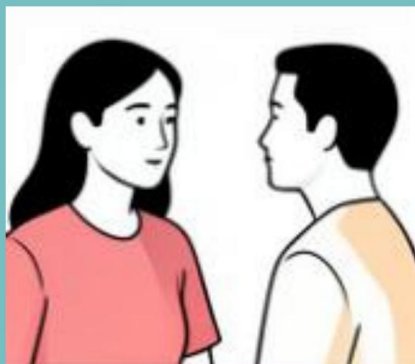
Erasmus+ Project: Education  
through empathy: together against violence

# The Vocabulary of Empathy



## Compassion

The ability to feel another's suffering and the sincere desire to help.



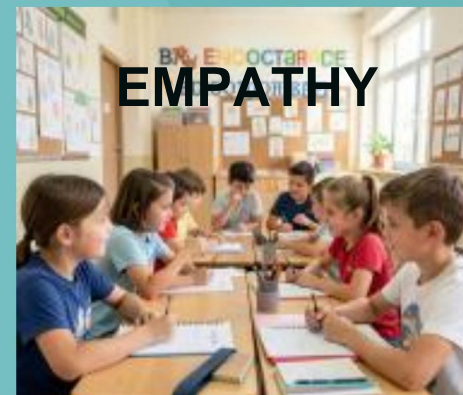
## Active listening

concentration  
total focus on the speaker's message and emotion.



## Perspectives

The ability to see the situation through someone else's eyes, without prejudice.



## Emotional validation

Recognizing and accepting one's feelings  
people as real and important.



# Why do we use Empathy Cards?

## A tool against violence

Within the Erasmus+ project, empathy cards serve as bridges between students. They are not simple pieces of cardboard, but **dialogue triggers**.

## Lesson objectives:

- Let's understand the mechanism by which empathy neutralizes aggression.
- Let's learn how to structure a message of support for a victim of violence.
- Let's transform passive observation into empathetic action.





# Anatomy of an Empathy Card

## The four quadrants of understanding

To create an effective card in a conflict or bullying situation, we need to ask ourselves four essential questions about the other:

1. **What does he hear?** (Rumors, criticism, oppressive silence)
2. **What does he see?** (Hostile looks, exclusion, aggressive gestures)
3. **What does he think and feel?** (Fear, isolation, desire to be accepted)
4. **What does he say and do?** (Withdrawal, defense mechanisms, masked calls for help)



# Concept Check



## Question 1:

What is the main difference between sympathy and empathy?

## Question 2:

Why is 'validation' more important than providing immediate advice?

## Question 3:

How can an empathy card prevent the escalation of violence?



# Concept Check

## Answer 1:

Sympathy means feeling pity 'for' someone, while empathy means feeling 'with' someone from their perspective.

## Answer 2:

Because the person needs to feel understood before they are ready to solve the problem.

## Answer 3:

By humanizing the 'target' of aggression and creating a space of psychological safety.



# How do we build a message of empathy?

1



## Neutral observation

Describe what you saw without judge. Example: 'I noticed that you didn't sit with us at dinner today'.

2



## Identifying emotion

Try to name what the other person might be feeling. 'I imagine what was said hurts you.'

3



## Providing presence

Reassure the person that they are not alone. "I'm here if you want to talk or just be quiet."



## Challenge: The Power of the Witness



In a bullying situation, most people watch in silence. How can an empathy card sent to the victim change the power dynamics in the group?



# Challenge: The Power of the Witness

The victim no longer feels isolated, which gives them the courage to report the abuse.

The aggressor loses his silent 'audience' if the witnesses start to show solidarity.

A culture of care is created that discourages violent behaviors in the long term.



# Myth or Truth in the Context of Erasmus+

Empathy is an innate trait that you cannot learn or train.



**TRUE**



**FALSE**



# Myth or Truth in the Context of Erasmus+

Empathy is an innate trait that you cannot learn or train.



## Why is this so? a)

You are either born with the ability to understand others, or you will never be able to be empathetic. **b)** Empathy is like a muscle; exercises with empathy cards and active listening develop it over time.



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Empathy is an innate trait that you cannot learn or train.



## Why is that?

- a) You are either born with the ability to understand others, or you will never be able to be empathetic.
- b) Empathy is like a muscle; exercises with empathy cards and active listening develop it over time.



# Workshop: Create your own Empathy Card

Think about a colleague who is going through a difficult time or who is marginalized.  
Draw or write a card using  
structure: 'I see that...', 'I imagine you feel...', 'I'm here for you'. Use colors that convey calm and security.

What you will need:



Colored cardboard, Markers, Post-it notes, Empathy



# Together against violence

- **Empathy** is the most powerful non-violent weapon.
- **Cards** help us move from 'I' to 'I',  
'we'.
- Your **action** matters, even through a short message.

Within the Erasmus+ project, our mission is to transform school into a space of emotional safety through mutual understanding.

