



QUICK GUIDE

Developing empathy and preventing violence

1. WHAT IS EMPATHY?

Empathy is the ability to understand and feel another person's emotions, to put yourself in their shoes.

 COGNITIVE EMPATHY = I understand how you feel. <i>Example:</i> "I see you're sad because you lost the match"	 AFFECTIVE EMPATHY = I feel with you <i>Example:</i> "I'm sorry you feel this way, I would feel the same way too"
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2. TYPES OF VIOLENCE

Physical violence

- Hitting, pushing, slamming
- Destruction of personal belongings

Verbal violence

- Insults, offensive nicknames
- Threats, public humiliation

Emotional/psychological violence

- Social isolation, exclusion from the group
- Manipulation, spreading rumors

Cyberbullying

- Online harassment, malicious messages
- Sharing photos/videos without consent

3. SIGNS OF A VICTIM OF BULLYING

WARNING - Warning signs:

- Sudden changes in behavior
- Avoids school, makes up excuses to miss it
- Decreased school performance
- Social withdrawal, isolation
- Bruises, torn clothes without explanation
- Loss of appetite, sleep disturbances
- Anxiety, persistent sadness

4. HOW DO WE INTERVENT?

If you are a witness:

1. **DO NOT remain a passive spectator!**
2. Support the victim - show them they are not alone
3. Report to a trusted adult
4. Do not distribute material that humiliates anyone.

If you are a victim:

5. **It is NOT your fault!**
6. Talk to a trusted adult (parent, teacher, counselor)
7. Keep evidence (messages, screenshots)
8. Seek support from true friends