

Social Media.
Resilience.
Healthy Relationships.

Talk About It.

Empathy.
Vaping.
Mental Health.



Carrie and Declan, 10 years old

Empathy



of Beach Cities 11th graders reported experiencing chronic sadness or hopeless feelings in the past 12 months.



of Beach Cities 9th graders reported being harassed or bullied based on race, ethnicity, national origin, religion, gender, sexuality, physical or mental disability, or immigrant status in the past 12 months.

It's never too early – or too late – to start the conversation.

Whatever **"it"** is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Learning empathy and understanding how another person feels from their point of view is essential for creating an inclusive environment. Talk to your child about empathy.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child develop empathy:

- Model empathy for others. Express interest in those from various backgrounds who may be facing different types of challenges from yourself.
- Practice good listening. Listening carefully is essential for reflection.
- Encourage your child to sit next to someone they don't know during lunch or recess.
- Keep communication lines open, even if your child says something embarrassing or insensitive. Help them identify difficult feelings such as frustration, sadness or anger and encourage them to talk to you about why they feel that way.
- Expand your child's circle of concern. Teach your child to tune into shared human values.

Have the talk.

Find tips at bchd.org/talk.

For parenting resources, blogs and videos, go to southbayfamiliesconnected.org

Information sourced from:

California Healthy Kids Survey, 2018-19

UC Berkeley, Greater Good Science Center, Empathy Quiz

Psychology Today, "How to be Empathetic"

Harvard Graduate School of Education, "For Families: 5 Tips for Cultivating Empathy"

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