

## “I Carry Your Story and You Carry Mine”

How does sharing stories foster empathy in Grade 8 boys?

**Try to envision** one of your boys and think about how life inside the man box manifests in his life, particularly at school. Feel free to jot anything that comes to mind.

### Think about the following:

- Energy levels
- Body language
- Expressiveness
- Relationships with peers & adults
- Day-to-day interactions
- Preferred interests
- Ability to deal with successes & failures
- Approach to new tasks
- Your personal relationship and dealing with this boy



As you listen, keep this boy in mind.

## KEY TERMINOLOGY

### BULLYING

Bullying is **an abuse of power** and has three criteria:

- 1) **Repeated over time**
- 2) **Imbalance of power**
- 3) **Intentionality**

OUR DEFINITION OF BULLYING COMES FROM THE RESEARCH OF TRACY VAILLANCOURT

### PERSONAL NARRATIVE

In our research, a personal narrative is any story that is based in the reality of each student's personal experience with bullying, whether it be as victim, bully, bystander, or upstander.

### EMPATHY

Our definition of empathy encompasses four abilities:

- 1) **Perspective taking**
- 2) **Staying out of judgment**
- 3) **Recognizing emotion in others**
- 4) **Feeling with others**

IT COMES FROM THERESA WISEMAN'S ARTICLE "A CONCEPT ANALYSIS OF EMPATHY" (1976)

### Cognitive vs. Affective Empathy

**Cognitive empathy:** "the ability to understand or identify what someone else is feeling ("social inferencing")."

**Affective empathy:** "the direct experience of unpleasant feelings or distress on seeing another's circumstance."

### VULNERABILITY

**"Uncertainty, risk, and emotional exposure"**  
(Brené Brown)

"Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. *Vulnerability is not weakness; it's our greatest measure of courage.*"