

EDUCATOR RESOURCE—EMPATHY LAB

Scenario 1

Tan's grandfather died last week, you know that they were very close. Tan seems strangely cheery about it at school. Whenever someone says, "I'm sorry about your grandfather," Tan laughs and says, "Oh I'm fine! He was so old! Hahahaha!"

- Feeling: grief, sadness, withdrawn, angry, vulnerable, scared to lose other people, alone, numb, like the only way to cope is through humour, afraid of being pitied by peers, afraid to show anything other than positivity, that "keeping it together" is the only "normal" way to cope with grief/loss, etc.
- Needing: space, acknowledgement for the loss, understanding, some quiet company, happy distractions, safety to cry/feel, permission to not be okay and not be positive or funny all of the time, etc.

Scenario 2

There are rumours that a naked photo of Tay is circulating. Tay has since been avoiding the cafeteria and skipping classes.

- Feeling: unsafe, targeted, ashamed, fearful of consequences, self-conscious, hurt, betrayed, angry, judged, etc.
- Needing: acknowledgement that it is hard, acknowledgement that they did not do anything wrong, reassurance that you will be a friend, someone to defend them, someone to stop what is happening, company, etc.

Scenario 3

Teagan uses a motorized scooter because of a mobility issue. Friends love to hang onto Teagan's scooter while on their skateboards and go for a "ride." Teagan doesn't think they would all be friends if it wasn't for the scooter.

- Feeling: unsure, insecure, lonely, unappreciated, unseen, relieved to have a scooter, etc.
- Needing: to know that they have real friends, appreciation for personal qualities and characteristics (not the scooter), to be fully seen, to also have other friendships not dependent on "rides," etc.

Scenario 4

Arooj does a lot of things that break gender stereotypes. Some students make fun of this and other students think it's cool. Arooj doesn't hang out with anyone while at school but has a group of friends outside of school who are a little bit older.

- Feeling: alone, misunderstood, unwelcome, uninterested, self-assured, unsafe, supported, unsupported, etc.
- Needing: maybe nothing, maybe friends at school, maybe role models at school, understanding, appreciation, mutuality, etc.

Scenario 5

Marley is one year older and much taller than other students in class. Marley has a small group of friends who are generally very aggressive with other students. Marley picks on smaller students and forces them to give up their seats during lunch.

- Feeling: alone, defensive, unsafe, unsupported, angry, powerless, self-conscious, insecure, etc.
- Needing: a friend, understanding, care, boundaries, stability, security, space, sense of control, adult allies and/or support people, etc.