

EMPATHY: AVOIDING PREJUDICE

ANTI-BULLYING ANTI-HARASSMENT AND
PROMOTING SELF-ESTEEM

PREJUDICE

Prejudice is a negative attitude toward members of a group. Common features of prejudice include

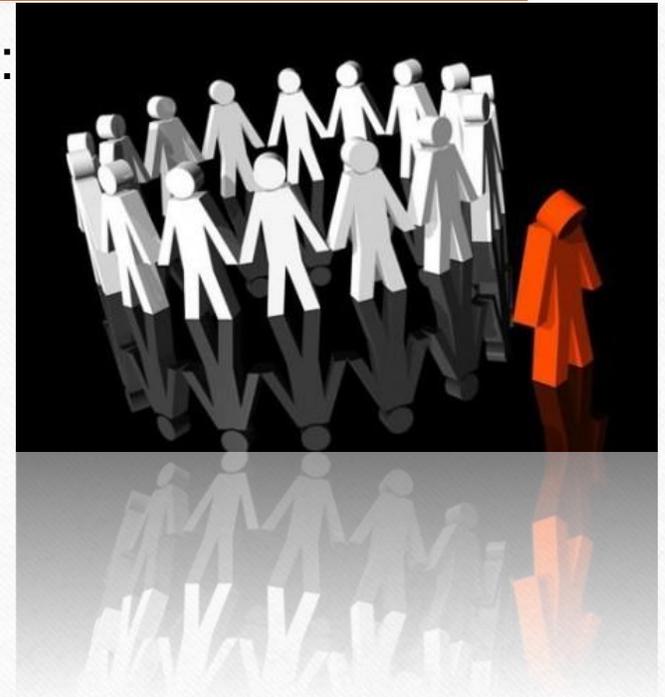
- negative feelings,
- stereotyped beliefs, and
- a tendency to discriminate against members of the group.

Prejudice involves prejudgments (usually negative) about members of a group.

Types of Prejudice

Some of the most well-known types of prejudice include:

- Racism
- Sexism
- Classicism
- Homophobia
- Nationalism
- Religious prejudice
- Agism



STEREOTYPE



the world map
stereotypes
and ignorance

AN OVERSIMPLIFIED AND WIDELY KNOWN IMAGE/IDEA OF A PERSON TYPE OR THING

Ways to Reduce Prejudice

- Passing *laws and regulations* that require fair and equal treatment for all groups of people.

- Gaining *public support* and awareness for anti-prejudice social norms.
- Making people *aware of the inconsistencies* in their own beliefs.
- *Increased contact* with members of other social groups.



What Is Self-Esteem?

- Self-esteem is similar to self-worth (how much a person values himself or herself).

- This can change from day to day or from year to year, but overall self-esteem tends to develop *from infancy and keep going until we are adults*.
- Self-esteem also can be defined as *feeling capable* while also feeling *loved*.
- The *support of parents* is very important for the development of the child's self-esteem.

Signs of Unhealthy Self-Esteem

- Kids with low self-esteem may not want to try new things and may speak negatively about themselves:

"I'm stupid,"

"I'll never learn how to do this," or

"What's the point? Nobody cares about me anyway."

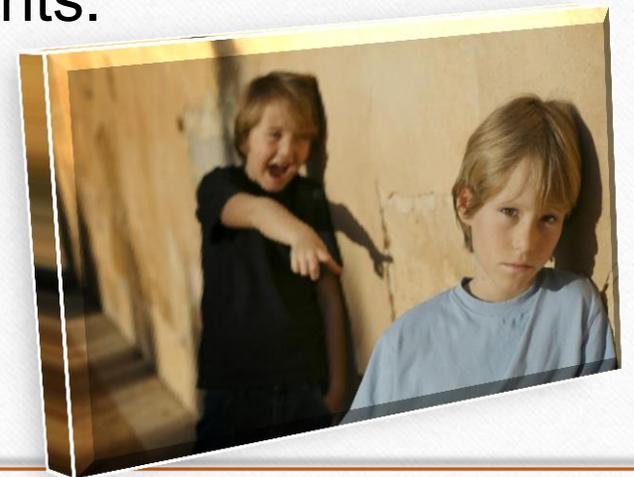
They may give up easily or wait for somebody else to take over. They tend to be overly critical of and easily disappointed in themselves.

Kids with low self-esteem:

- see temporary setbacks as *permanent, intolerable conditions*
- tend to be *pessimistic*.
- have *stress* and may experience, in the course of their lives, *serious disorders* such as depression, anorexia nervosa and self-destructive behaviors.
- have difficulties solving different kinds of problems and challenges they encounter.
- low self-esteem may be associated with *poor school performance* and *difficulty in adaptation*

Bullying

- Most victims are children sensitive, without friends, insecure, with low self-esteem, often physically weaker than others.
- The ones who cause bullying appear aggressive even to their teachers and have authoritarian tendencies towards others.
- One in three secondary school students has been the victim of his classmates and one in two witnesses such incidents.



Tips for a child who is experiencing bullying

1. what is happening is not your fault.
2. Many children in schools experienced such situations.
3. We are proud of ourselves. We are not ashamed about something bad that someone else did.
4. If something happens we share with teachers and our parents.
5. The difficulties never disappear on their own. If it happens once is very likely to happen again.
6. Isolation is not the solution. Share your experience.
7. You are very important to many people. If you look around you will find, and these people can help.
8. Call the National Helpline for Children SOS 1056, free and anonymous to talk with a psychologist.

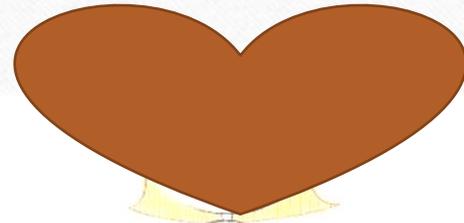
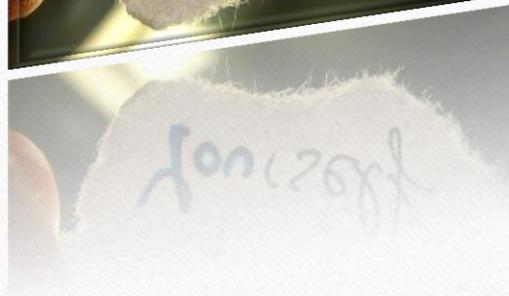
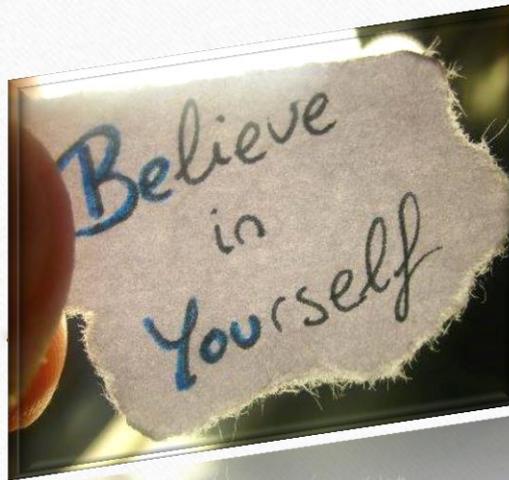
Parents' support

Parents' support is very important from the first years of life.

Some of the most basic directions to follow are:

- Praise and encourage your children to take initiatives, eg by saying "we can do it ", " I believe in you" etc.
- Focus on things they do right and limit the negative comments.
- Devote time to your children. Participate in activities with them.
- Foster dialogue.
- Don't compare them with siblings or other children.
- Show respect to the opinions of your children.





BE YOURSELF
ACCEPT YOURSELF
VALUE YOURSELF
FORGIVE YOURSELF
BLESS YOURSELF
EXPRESS YOURSELF
TRUST YOURSELF
LOVE YOURSELF
EMPOWER YOURSELF

EWBOMEK YONKSETE
GOLK YONKSETE
IKUZI YONKSETE
EXPKES2 YONKSETE
BLESS YONKSETE

