



Principles of Effective Empathy Education

Effective empathy education requires seven core principles guided by strong, empathetic school leaders.

- 1. Ongoing:** Educating for empathy is not a one-time lesson, but a continual focus.
- 2. Woven-In:** Empathy competencies are integrated into content and interactions, not tacked on.
- 3. Meaningful:** Instruction is authentic, touches the heart and mind, and stretches "me" to "we."
- 4. Internalized:** The goal is for students to adopt empathy competencies as lifelong habits.
- 5. Student-Centered:** Students' needs, not curriculum, drive the lessons and experiences.
- 6. Respectful Relationships:** Empathy breeds in a culture of respect and caring.
- 7. Empathic Leadership:** Empathy is modeled, expected, and core to a principal's vision, purpose, style, and interactions.