TELUS Wise®

Empathy map activity

This activity encourages students to step into the shoes of someone who has been cyberbullied and consider their experiences from multiple perspectives.

Objective:

To build empathy and understanding of the emotional impact of cyberbullying on targets, and to encourage students to think critically about the consequences of online behaviour.

Materials needed:

• Print out empathy map template
• Pens/pencils
• Equal number of printouts of each cyberbullying scenario sheet and enough empathy map sheets for each group

Empathy map activity

Instructions:

• Begin by explaining the concept of empathy and why it is important not only in understanding the impact of cyberbullying, but in everyday life.

• Introduce the empathy map and describe each section.

• Split students into groups and divide the different scenario worksheets between the groups.

• In small groups, students will discuss the scenario and fill out each section of the empathy map with what the target might: see, hear, feel, say, think and do.

• After the groups have completed the empathy map activity sheet, come back together as a class.

• Each group can present their empathy map to the class and explain their thoughts and insights for each section.

Facilitate a class discussion based on the presentations.

Some example questions include:

> • What common themes did you notice?
> • How did this activity change your understanding of the impact of cyberbullying?
> • What can we do to support victims of cyberbullying and prevent it from happening?

Encourage students to reflect on their own online behaviour and consider how they can contribute to a positive online and offline environment.

Empathy map activity
Scenario 1

What is empathy?

Empathy is the ability to understand and share the feelings of another person. It involves putting yourself in someone else's shoes and imagining what it's like to experience their emotions, thoughts and perspectives. Empathy goes beyond sympathy, which is merely feeling pity or sorrow for someone else's misfortune. Instead, empathy requires a deeper connection and an effort to truly comprehend what the other person is going through.

Cyberbullying scenario #1

Emma, a grade 9 student, has been receiving hurtful comments on her social media posts. It started with a few negative remarks about her appearance, but it quickly escalated. Now, every time she posts a picture or updates her status, a group of classmates leaves cruel comments and spreads rumours about her. They even create memes mocking her and share them widely. Sarah feels humiliated and starts to dread going online.

Instructions:

Fill out the empathy map activity sheet and imagine you are in Emma's shoes. Delve into her experience and consider what she sees, hears, feels, says, thinks and does in this scenario.

Empathy map activity
Scenario 2

What is empathy?

Empathy is the ability to understand and share the feelings of another person. It involves putting yourself in someone else's shoes and imagining what it's like to experience their emotions, thoughts and perspectives. Empathy goes beyond sympathy, which is merely feeling pity or sorrow for someone else's misfortune. Instead, empathy requires a deeper connection and an effort to truly comprehend what the other person is going through.

Cyberbullying scenario #2

Dev, a grade 10 student, has been receiving threatening messages from an anonymous account. The messages started as insults but have become more personal and menacing over time. The cyberstalker seems to know details about Dev's daily routine and whereabouts, making him feel constantly watched and unsafe. Dev is scared to tell anyone, fearing that the situation might get worse.

Instructions:

Fill out the empathy map activity sheet and imagine you are in Dev's shoes. Delve into his experience and consider what he sees, hears, feels, says, thinks and does in this scenario.

Empathy map activity
Scenario 3

What is empathy?

Empathy is the ability to understand and share the feelings of another person. It involves putting yourself in someone else's shoes and imagining what it's like to experience their emotions, thoughts and perspectives. Empathy goes beyond sympathy, which is merely feeling pity or sorrow for someone else's misfortune. Instead, empathy requires a deeper connection and an effort to truly comprehend what the other person is going through.

Cyberbullying scenario #3

Alex, a grade 11 student, was excited to join a group chat with their new friends. However, they soon realized that the group was using the chat to exclude and make fun of them. The group would plan events without inviting Alex and then post pictures to make them feel left out. The group also shared embarrassing stories and photos of Alex, making them the subject of public ridicule.

Instructions:

Fill out the empathy map activity sheet and imagine you are in Alex's shoes. Delve into their experience and consider what they see, hear, feel, say, think and do in this scenario.

Empathy map activity

See	Hear	Feel	Say	Think	Do
What kind of messages or images does the target see online? How do they affect them?	What do others say about the target? Are there rumours or gossip?	What emotions might the target be experiencing?	How does the target express themselves? Do they talk to anyone about their experience?	What thoughts might be going through the target's mind?	How does the target react? Do they withdraw, seek help, retaliate, etc.?