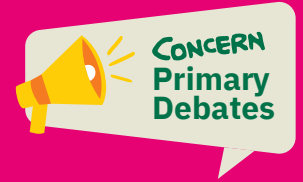


ACTION: FIRST STEPS



Before we begin, take some time to reflect as a class on some of these questions

? Are having sympathy and empathy the same?

Sympathy: Caring about someone's feelings and recognising that they are upset or having a hard time, but not feeling or understanding it as deeply as they do. This might be seen as pity or "feeling sorry for them".

Empathy: Understanding how someone else feels and being able to share or imagine those feelings. It means really trying to "step into their shoes" and connect with what they are going through.

? What is the difference between charity and solidarity?

Charity: Giving help, support, or resources to someone who needs it. It often comes from kindness and a desire to make things better for others.

Solidarity: Standing alongside others and supporting them as equals. It means working together, sharing responsibility, and helping create fairness for everyone, not just offering help from the outside.

Understanding these different meanings helps us think about how we treat other people. While sympathy and charity are mostly good natured and important, empathy and solidarity can help us go a step further. Empathy helps us truly understand and connect with how others feel, and solidarity encourages us to stand beside others and work together as equals.

When we practise empathy and solidarity, we build stronger communities, create fairness, and make our world a more caring place for everyone.

Our ideas:

Local actions

Global actions

Next, use this tick list to decide the best ideas for your two actions:

- | | |
|--|--|
| ☐ Is it simple to understand? | ☐ Can we keep track of how well we're doing? |
| ☐ Is the 'ask' clear (e.g. sign this petition, donate to a fundraiser, write a letter)? | ☐ Does it use our skills as a group? |
| ☐ Can it be completed in the time that we have? | ☐ Does it communicate the issue truthfully and give dignity to those experiencing this issue? |
| ☐ Is it relevant to our topic? | ☐ Have we considered who has the power to make changes, big and small? |

Circle your favourite local action and your favourite global action. Try to explain your chosen idea in 1 sentence below:

Chosen local action:

Chosen global action:

Concern is signed up to the **Dóchas Code of conduct for imaging and messaging.**

Does our project:

- ✓ Avoid stereotyping people and places?
- ✓ Show dignity and respect to the people concerned?
- ✓ Stand in solidarity with the global community (or in other words is it building empathy rather than sympathy for the people involved)?



A **stereotype** means assuming that a group of people who share some characteristics also share certain attributes. In other words, when someone assumes something about you because of one part of your identity. Stereotypes can be overly simple, unfair and have negative impacts.