



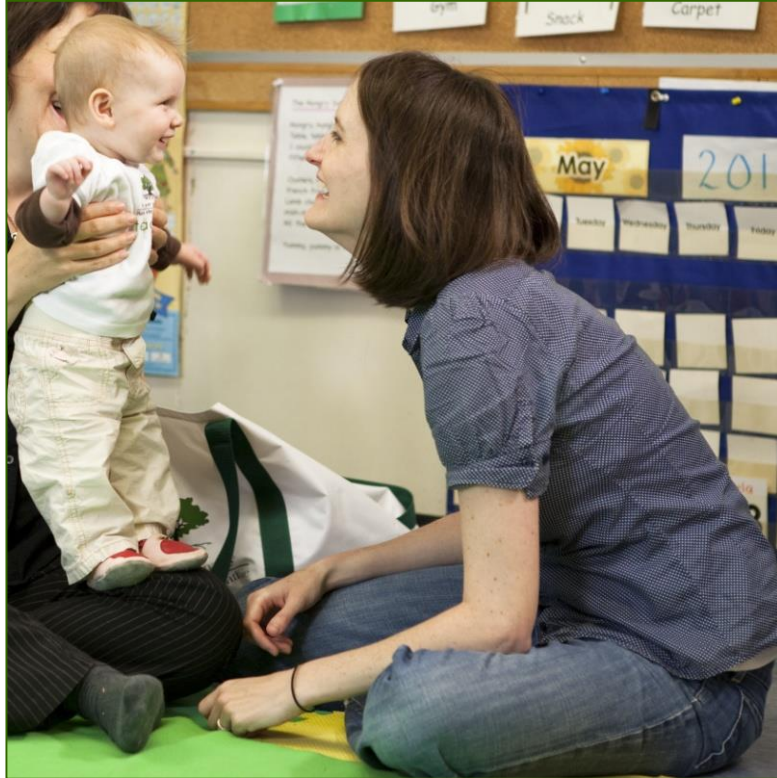
Roots of Empathy  
Racines de l'empathie

# Roots of Empathy

<https://www.youtube.com/watch?v=zrqt4dPGBXo>



# What is Roots of Empathy?



Roots of Empathy is an evidence-based classroom programme that has shown dramatic effect in reducing levels of aggression among school children by raising social/emotional competence and increasing empathy.

*Breaking the intergenerational cycle of poor parenting and violence.*





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# Our Mission



Our mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults.



# Roots of Empathy

## 1 Social Innovation

Social innovation that is changing the world child by child

## Delivered in 7 languages

## To 1 million children

Children have benefitted from the program globally since it was created



## On four continents



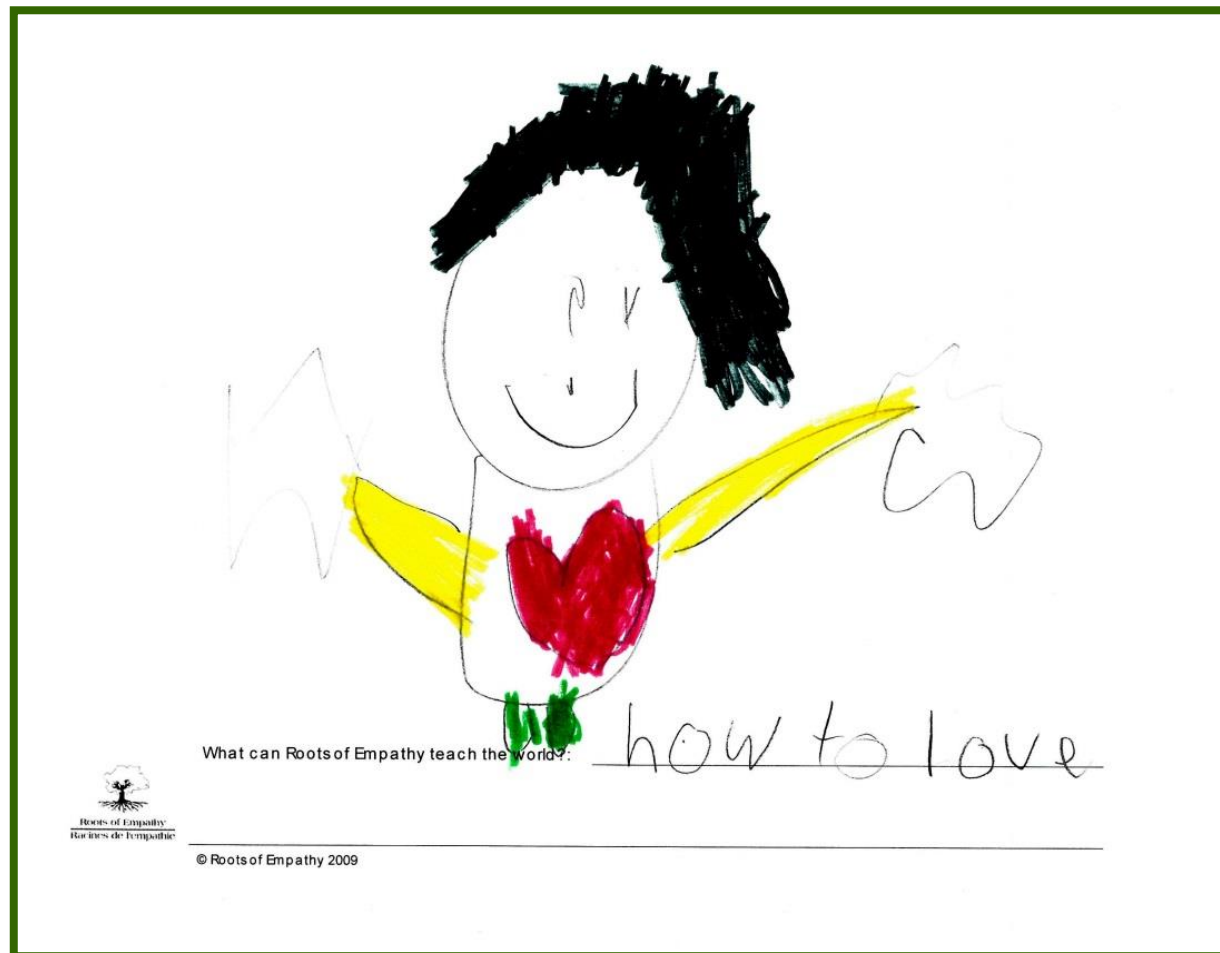
# Our Teachers...



A trained Roots of Empathy Instructor and a local parent and baby visit the classroom over the school year. These interactions and the accredited curriculum build children's social and emotional competence.



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What can Roots of Empathy teach the world?

“how to love”





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## Our Aims:

- To foster the development of empathy
- To develop *emotional literacy*
- To reduce levels of bullying, aggression and violence, and promote children's pro-social behaviours
- To increase knowledge of human development, learning and infant safety
- To prepare students for responsible citizenship and responsive parenting



# Roots of Empathy's Impact on Children

Independent research has proven that students participating the Roots of Empathy program demonstrate:

- An increase in prosocial behaviours (such as sharing, helping and including)
- An increase in empathy
- A decrease in aggressive behaviours including bullying



# Lasting Impact: Connolly et al (2018)

**Connolly (2018)** conducted a longitudinal, randomized control trial evaluation through Queen's University Belfast, Northern Ireland.

## Results showed:

- An increase in children's prosocial behaviour and a reduction in aggressive and difficult behaviour.
- Some evidence that the reduction in difficult behaviour may have been sustained for three years beyond program participation.

# Research and Roots of Empathy

- 20 years of independent, evaluative research across three continents
- Annual Program Evaluation (APE) to understand program impact and to inform curriculum
- Comparative research to deepen our understanding of our programmatic impact





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"Do you think lots of schools should have a project like this?" **Kate Middleton** asked the students. When they replied in agreement, she added,

**"We do too."** (Source: Online People article\*)





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# Stories from our classrooms





# Who can become a Roots of Empathy Instructor?



Public Health Nurses

Social Workers

Police Officers

Child Welfare/Youth and Family Workers

Early Childhood Educators

School-based Instructors:

- Classroom Assistants
- Classroom Teachers
- Principals/Vice-Principals
- Retired classroom teachers/classroom assistants





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