Empathy helps us understand and care about other people's feelings and perspectives, even if they are very different from our own. Adults can help kids develop empathy and caring about others by talking and role modeling how to embrace differences, finding things in common with people and how to help others.

Below are steps for adults to help kids appreciate differences, find things in common with others and to become caring individuals:

1. Look for differences around you and consider new perspectives
2. Look for things in common
3. Be aware of your biases
4. Make caring for others a priority
5. Help children find ways to practice being caring and helpful
6. Be a positive role model- BE AWARE OF WHAT VALUES YOU ARE MODELING
7. Help children to manage destructive feelings and think through ethical dilemmas
8. Encourage youth to stand up for those who are vulnerable
9. Make these a habit in your own life

Reference: Making Caring Common: Harvard Graduate School of Education [https://mcc.gse.harvard.edu/](https://mcc.gse.harvard.edu/)

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you. Together we can build a better future and strengthen our valley community. You are truly helping a child feel special, amazing, cared for and important!

Thank you for all you do,
Heather and Kathy

Empower Youth Network offers a variety of classes and events to the community. Check out the events page on the EYN website. [https://empoweryouthnetwork.org/events-calendar/](https://empoweryouthnetwork.org/events-calendar/)
We Need More Mentors

Will you help?

1. Share your experience mentoring with groups you are part of, friends and family. Keep sharing and encouraging them to join
2. Invite friends or family to Mentor Meet Ups or have them contact the YSM staff
3. Like, share and comment on Facebook or Instagram posts

Reminder!

Call the school each week to make sure your mentee is at school for mentoring.

Check the school calendar
No mentoring on No school days

YSM staff and both districts thank you for all that you do!
You make a difference!

Please join us in continuing to support our Snoqualmie Valley Youth by being a mentor & sharing with other potential mentors.