

Empathy and the Teenage Brain

Do teens lack empathy for others? Is it possible to “teach” empathy to teens? One study promoted the theory that teens are incapable of taking the feelings of others into account because they are just incapable of doing so. Another study states that involvement in social media has decreased the levels of empathy among youth. The reality is the way the brain develops in adolescence affects empathy, and there is a lot that can be done to develop empathy in teens. This workshop will:

- Look at the development of cognitive and affective empathy during the teen years
- Examine empathy “inside” the brain
- Address the barriers to empathy
- Discuss the essential steps for building empathy in school communities
- Review resources in the development of empathy