



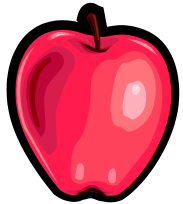
Roots of Empathy

Racines de l'empathie

The Science of a Meaningful Life:
Seeds of Compassion, Roots of Empathy
Mary Gordon
Founder/President, Roots of Empathy
December 3, 2010



Johnny has **3** apples.
If Amélie takes **2** apples,



How will Johnny **feel**?



Independent Research

Key Finding #1:

Decrease in aggression

Aggressive children are at higher risk of depression, suicide attempts, alcohol and drug abuse, violent crimes, and neglectful and abusive parenting.

(Tremblay et al., 2004)



Key Finding #2:

Increase in social and emotional understanding

Students who participate in SEL programs have lower levels of stress and depression, fewer conduct problems and aggression and do better academically.

(Payton et al., 2008)



Key Finding #3

Creating more caring and supportive children

Quality relationships and perceived social support are powerful protective factors that increase resilience to negative and stressful experiences.

(Powers, Ressler, & Bradley, 2009)



Key Finding #4

**Increase in knowledge of parenting
and needs of babies**

Sensitive and responsive caregivers in infancy and early childhood protects against stress and reduces vulnerability to future psychopathology.

(Luthar & Brown, 2007)



Key Finding #5

Lasting results

Improvements in behaviour were maintained up to **three** years after the end of the program.



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