

QUALITY OF THE MONTH BULLETIN

Compassion (vs. indifference)

To practice Compassion,

“I will” statements for children and adults alike

I will...

- Listen when others want to talk*
- Comfort others without regard to race, gender, faith, age, or nationality*
- Stop to help*
- Give of my resources to help those in need*
- Look for lasting solutions.*

*“Shared joy is a double joy; shared sorrow is half a sorrow.”
- “Swedish Proverb*

*“Give children at least as many chances to show compassion as they have to be competitive.”
- Erica Layman*

Investing whatever is necessary to heal the hurts of others.

My 3-year old granddaughter sometimes asks me a very sweet and endearing question, **“You ok?”** She will be in the other room playing when I’m cooking dinner and she’ll call out, **“You ok Mimi?”** Her sweet question feels like compassion.

My 16-year old step-son plays basketball. My husband is assistant coach and I am the scorekeeper. I noticed recently that every time a player comes out of the game for a substitution, the head coach asks, **“You ok?”** Late in the season, the team is undefeated.

“You ok?” Such a simple question. If we actually listen to the answer, we can create an opportunity for healing.

Compassion is taking the time

to help others heal. People heal through conversation, through their tears, through prayer, and through caring concern.

In 1982, my father died after a long battle with cancer. For the next 6 months, my mother told anyone who would listen the story of his struggle. In telling the story, little by little, she was healing,

By truly listening, acknowledging others’ feelings, and not necessarily trying to fix it, we can help others heal.

This month, ask this simple question, listen to the answer, open your heart, and create a space for healing.

Do you enjoy these monthly reminders?

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Thoughts on Compassion by Mary Andres Russell. Character First! definitions used by permission. www.characterfirst.com.

The Tragedy in Chardon: Bullying and What Parents Can Do

This week, another school shooting occurred, this time much closer to home in Chardon, Ohio. The shooter is described as a “bullied outcast.” School shootings and student suicides are the most tragic consequences of bullying. On any given school day, an estimated 160,000 US students stay home from school to escape bullying and persecution.

To suppress negative behavior, we promote the opposite. Here are steps parents can take to build compassion in children:

- Involve children in community service. Studies show that children who are engaged in service learning grow in kindness and are more open to cultural diversity.
- Let youth know that cruelty to anyone is completely unacceptable.
- Consciously model kind and compassionate behavior.
- When you see kids demonstrating kindness, praise it! For more thoughts, see <http://www2.cortland.edu/dotAsset/ff19d054-0856-4da3-99cc-936bdd5501f6.pdf>.



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