



Roots of Empathy New Zealand Programme Feedback Results 2009



“Roots of Empathy taught me that being mean and bullying is not at all ok. You need love to grow.”

—Roots of Empathy student in Auckland



Programme Goals

- 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

About the programme

Roots of Empathy (ROE) is an evidence-based classroom programme that has shown significant and lasting effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. The programme reaches primary schoolchildren from Years 1 to 8. The programme was developed in Canada and is being delivered in English and French. The programme reaches rural, urban, and remote communities. Roots of Empathy is also delivered in New Zealand, The Isle of Man, the United States, Northern Ireland, the Republic of Ireland, and Scotland.

In addition to our own results compiled from Roots of Empathy participant feedback surveys, there have been several independent, scientific research studies done by the University of British Columbia, Healthy Child Manitoba and the University of Western Australia.

These studies repeatedly illustrate that students who have completed the programme show a decrease in aggression and an increase in pro-social behaviour with improvements being maintained at least three years after the end of the programme.

Roots of Empathy was first introduced to students in Year 5 at 10 schools in Auckland in 2007. In 2008, it expanded to Wellington with a total of 30 schools in the two cities. In 2009, the programme expanded to 66 schools in Auckland, Wellington and Christchurch. This year, 2010, the programme expanded further to include 70 schools in Auckland, Wellington, Christchurch, and Rotorua.

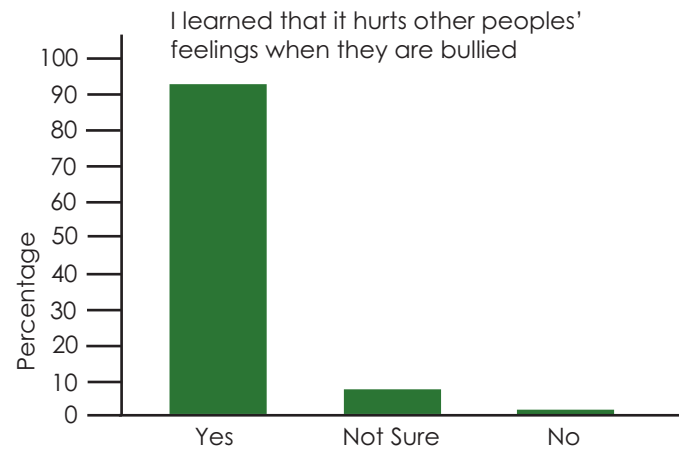
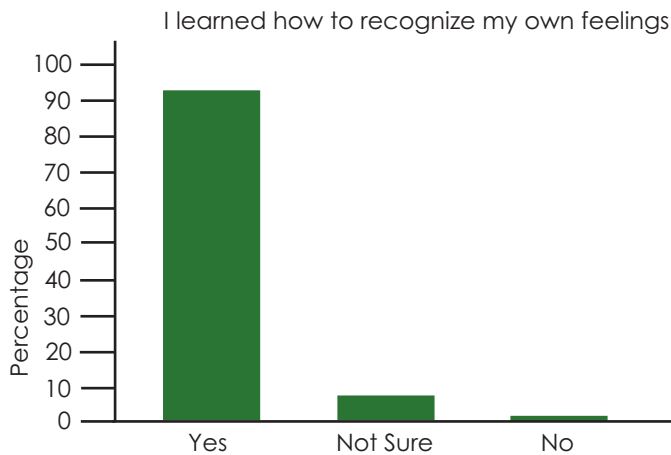
Roots of Empathy strives to break the intergenerational cycle of violence and poor parenting.



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



What the feedback in New Zealand is saying about Roots of Empathy



What the numbers in New Zealand say...

92% of students reported understanding how other people feel.

75% of students reported learning to talk about their feelings.

97% of students reported learning that bullying is not okay.

93% of students reported learning that it is not okay to hurt someone's feelings just because I'm feeling angry, sad, or scared.

92% of students reported learning babies' brains grow better when they are loved and cared for.

100% of teachers reported that overall, as a result of ROE, students talk about their feelings.

80% of teachers reported that overall, as a result of ROE, students have increased their vocabulary of feeling words.

90% of teachers reported that overall, as a result of ROE, students are more supportive in resolving conflicts involving classmates.

80% of teachers reported that overall, as a result of ROE, students were less aggressive at the end of the school year.

What students in New Zealand said when asked what they thought ROE could teach the world:

"To teach the world that everybody's unique in a good way."

"It teaches the world how to love and care for each other."

"They could teach the world not to get angry and annoyed when a baby starts crying, but to be caring and loving. They would tell you that you've got to do something when people are getting bullied or bossed around."

What the teachers in New Zealand had to say:

"...the students were more outward focused and valued caring for others. They were able to show sensitivity to others and were observed helping younger children in the play ground."

"They became more cohesive during the year and more aware of each others feelings. This has been very evident with one student, a boy, who was very sensitive. The better the kids understand him and his temperament, the more able he was to cope with it."

"This class demonstrates a very caring attitude towards others which is carried outside the classroom environment."