

EMPATHY MAP ACTIVITY

12-16 years

Use the Empathy Map to try to better understand some of the people in each scenario.

Understanding people better can help us support them if they are considering taking risks. It can also help if we need to avoid peer pressure to engage in risk taking behaviour. In your group, choose different people to analyse by using the Empathy Map.

The Empathy Map is a large rectangle divided into six sections by diagonal lines meeting at the center. A large thought bubble is drawn in the center, overlapping the top and bottom sections. The sections are numbered 1 through 6, and the thought bubble contains section 7.

1. Tell us about this person - What is their name? What are they like?

2. What motivates them?

3. What does the world look like from their perspective?

4. How do they speak about risk? What would they say if someone tries to persuade them out of it?

5. What sorts of risky actions can you imagine them taking?

6. How do they respond to criticism of their actions?

7. What do they THINK and FEEL?

What are their fears, frustrations and anxieties? | What are their wants, needs and hopes?

Are there any words or phrases that might work to snap them out of taking risks?