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HEALTHY ROAR

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Illustration by Healthy Roar artist

Show of empathy can stop bullying

Building community can start by showing empathy, the feeling that you understand and share another person's experiences,"merriam-webster.com says.

There are many benefits when members of a community show empathy, according to Harvard University's Making Caring Common Project. It impacts the person you're empathizing with, and helps build the community by lowering bullying and improving grades and behaviors.

Healthy Roar reporters spoke with Dr. Pearl English, Emlen school nurse, about empathy. Their interview has been lightly edited.

Question: How do you define empathy? What does it look like and sound like?

Dr. English: Empathy is what the other person is feeling. It's different from sympathy. You have to understand what the other people are feeling and/or their pain. If someone fell and hurt their knees and you fell, you would understand what they are going through.

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Controlling triggers may help with asthma

Do you have a friend or family member who has trouble breathing? Who may cough, wheeze, or be short of breath? They may have asthma.

Asthma is a condition that affects the airways, which get swollen, narrowed, and filled with mucus, according to the website, kidshealth.org. Many triggers can make asthma worse, such as a cold, pollen, mold, cigarette smoke, weather conditions, dust chemicals, and exercise. Asthma can be treated by avoiding triggers and by using

medicine such as inhalers.

To learn more about asthma, *Healthy Roar* reporters spoke with Ms. Ariani, a nurse and a behavioral health tech at Emlen. We also researched asthma on kidshealth.org and in the *HealthyNewsWorks* book *Leading Healthy Change in Our Communities 2013*.

Dr. Bryant-Stephan, M.D., who is quoted in the *HealthyNewsWorks* book, said it's her mission to educate families living with asthma. "My goal is asthma control so children can go to

school and do whatever they want," she said.

Ms. Ariani has taught courses to teach families how to manage asthma triggers. She works with families to help them understand and identify the different triggers along with how to reduce attacks.

"Asthma shows up differently in children than adults," she said. "The difference is that you can see the stomach inflate and deflate further

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Stand up for what's right

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Question: What are some ways our school is working to help students build empathy?

Dr. English: Our school is helping students by modeling empathy. Teachers can teach it in the classroom. We do it by listening to you when you are talking about what's happening at home. For example, when your parent is sick, we listen and understand how you're feeling. We empathize with you and understand what you're going through.

Question: What can students do to show empathy?

Dr. English: If you see another friend



Illustration by Giante Lewis

Giante's message:
Eat more fruits and vegetables. Check out what's in the boy's box on the left, and notice his big smile!

bullying another student, you think about how that other student is feeling. You can help stand up for your friend in the situation. You could stop the bully from hurting your friend.

Question: How do you think empathy helps to prevent bullying?

How does it help the school climate?

Dr. English: When you can empathize with others feelings, you will want to stop them from doing or saying something mean to other people. It will make people nicer and help you be friends with others. If we all show empathy, we would have a better climate. —By Healthy Roar reporters

Asthma can be helped with trigger control

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than the chest." She explained the reason the stomach moves instead of the chest is because other muscles are working to try to help you breathe.

Ms. Ariani advises anyone with asthma to know their triggers. She defined triggers as "things or activities that activate asthma. It changes the ability to perform physical activities."

understanding what causes asthma helps families reduce asthma attacks.

Ms. Ariani offers some tips you can use if you see anyone having an asthma attack. First, ask them if they need help. If they can speak, they are OK. If they can't reply, find immediate help from an adult. It is also important to know if your friend has asthma and where their medicine

is. People with asthma can still enjoy physical activities, but they have to limit them, according to Ms. Ariani.

Although asthma may feel like it can hinder your life, Ms. Ariani wanted everyone to know that "anyone with asthma can enjoy an active life with proper management and understanding of triggers."

—By Healthy Roar reporters

Ways to help our communities

Editor's note: Healthy Roar reporters recently brainstormed and reflected on different ways that they can help their communities.

We can help the community by planting trees, which helps the environment. We can help the community by not littering, which help the Earth. We can help the

community by shoveling the snow, which clears paths so people can walk.

—Blake Lombardo

My commitment is to help my mom more around the house. I will have to start small like just washing the dishes or cleaning my room. I can also start taking out the trash.

—Su'Hayla Speedwell

Eleanor Emlen Healthy Roar

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