

WHY EMPATHY?

An explanation of empathy's role in inspiring compassion through Pasado's Safe Haven Humane Education Programs.

WHAT IS EMPATHY?

Empathy is defined as a stimulated emotional state that requires the ability to perceive, understand, and care about the experiences and perspectives of another human or animal.

Empathy involves perspective-taking, or seeing something from another's point of view and understanding the way they might feel.

COMPASSION IS EMPATHY IN ACTION

Empathy is developed through personal connections with other living beings. This emotional awareness of others and the deeper understanding that is invoked is what inspires acts of compassion.

Compassion is the response to empathy. It is what makes us want to do something about another's suffering, once we understand it. Empathy is essential for acts of compassion to naturally occur and for effective behavior change.

INSPIRING POSITIVE CHANGE

Humans have the capacity for empathy by as young as 18 months, indicating our biological disposition to care for others. Our Humane Education programs help instill this caring spirit in all who participate, inspiring the next generation of compassionate change makers. Our **Best Practices for Developing Empathy** guidelines detail how we can invoke empathy for animals through storytelling and building connections.



REFERENCES

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