

# GUESS WHAT?

Caring for self and others



## Windows

Windows are connections and openings we have to experiences different from our own.



## Mirrors

Mirrors are important to help us understand ourselves. Mirror communities help us find safety and belonging in the spaces we live in.

This month, in an advisory lesson, all students in the district learned about taking care of themselves and the importance of reaching out to others. The lesson focused on increasing empathy skills to build bridges with others who may be different. They learned about the value and limitations in having an inner circle of people who are like them. They learned about the benefits of seeking to understand those who are different. The interactive lesson encouraged them to explore empathy at various levels.

## Try it at home

Ask your teen about their windows and mirrors. Let them know who is in your inner circle.

Use "Words to Know" when describing your own experiences.

# WORDS TO KNOW

Implicit bias – unconscious attitudes and stereotypes about individuals and groups that impair judgment and decisions.

Inner Circle – People who you fully trust and know will be there for you.

Mirrors- represent those who help us understand ourselves. Those who are like us can help us feel safety and belonging.

Transformative Empathy - Both a deep feeling for, and understanding of, what a person or group may be experiencing, and actions taken in response to those experiences.

Windows - represent our opening ourselves to connecting with others who may have experiences very different from our own.

# RESOURCES

Care Solace

1 (888) 515-0595

[www.caresolace.com/FUHSD](http://www.caresolace.com/FUHSD)

County Mental Health

1 (800) 704-0900

NEW Suicide and Crisis Lifeline  
Dial 988

Refer your teen to a school-based mental health professional for help during the school day (8:00 a.m-3:30p.m.):

Cupertino

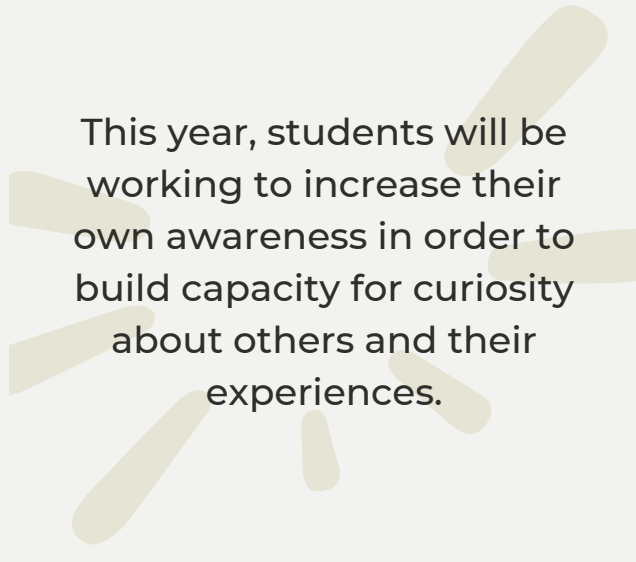
Fremont

Homestead

Lynbrook

Monta Vista

Educational Options



This year, students will be working to increase their own awareness in order to build capacity for curiosity about others and their experiences.