

## Why Empathy Group?

*The Mission of the Empathy group is to provide youth with an opportunity to build empathy and community awareness in a positive way while taking responsibility for their behaviors and looking at their effect on our community. This group is designed to help youth develop competencies that will enable them to be more successful community members.*

## What to expect:

Over a three week span, youth will complete three skills groups and two six-hour community service projects.

The skills groups will be held at Clackamas County Juvenile Department

The community service projects will be held in the community.

At the last session, youth will participate in a completion celebration, allowing them to reflect on their time spent in our Empathy group.

## Developmental Assets Strengthened:

- **Integrity**
- **Responsibility**
- **Planning and Decision Making**
- **Interpersonal Competence**
- **Personal Power**
- **Self-Esteem**
- **Sense of Purpose**
- **Positive View of Personal Future**
- **Community Values Youth**
- **Service to Others**

Youth will receive 12 hours of community service upon completion of this group.



For more information contact  
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**Clackamas County Juvenile Department**

empathy



A collaboration  
of  
restorative  
community  
service and  
cognitive skill  
development  
for youth

Based on Restorative Justice Principles, The Empathy group encourages youth to:

- Take responsibility for their choices,
- Look at preventing future harmful or illegal behavior,
- Understand harm done to others
- Acknowledge their victim(s),
- Make a commitment to their community to repair harm they have caused.

Youth are also exposed to community partners which enables youth to see themselves as valuable members of the community while showing community members that they are capable of making positive contributions.



### Examples of Community Service Projects:

- Habitat for Humanity
- Food Banks
- Trail Restoration
- Feed The Hungry
- Fill a Stocking
- Community Centers

### Format:

#### Day 1: Skills Group

*Cognitive skills development which includes recognition of thinking errors, exploring the use and purpose of empathy, and impacts of being responsible for their choices. Youth will also prepare for the learning projects associated with the Empathy group which include building an understanding of restorative vs. punitive community service, project preparation, group expectations, and details of project logistics.*

(Time Commitment: 2.5 Hours)

#### Day 2: Restorative Community Service project

*Youth will participate in a predetermined community service project(s), allowing them an opportunity to build connections with community members, see the impact of the service, and acquire new work related skills.*

(Time Commitment: Up to 6 Hours)

#### Day 3: Skills Group

*Youth will come back together in a skills group setting where they will be recognized for their strengths in the first work project, reflect on the impact this service has had on the community, and work through any questions or concerns following the first community service project.*

(Time Commitment: 2.5 Hours)

#### Day 4: Restorative Community Service Project

*Youth will again complete a community service project where they will continue to build connections and work related skills.*

(Time Commitment: Up to 6 Hours)

#### Day 5: Skills Group

*In this final skills group, youth will reflect on their experience in the group. They will connect their service to the need to make things right in the community and their future, and receive recognition for their service.*

(Time Commitment: 2.5 Hours)



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force to support change. As a result of this knowledge, the Empathy group works to address the following risk and protective factors:

- ⇒ Increases empathy for others.
- ⇒ Strengthens their expectation of their future.
- ⇒ Promotes youth having an adult in their life (other than a parent/guardian) she/he can talk to.
- ⇒ Activities and discussion regarding constructive extra-curricular activities.