

# From Bullying to Buddies a Story of Empathy, Compassion and Generosity

## Primary Virtues / Character Traits

**Caring:** to help others; a caring person lives with empathy in trying to understand another person's situation; compassion in desiring to help others and with generosity in acting to help.

**Empathy:** trying to understand another person's situation, entering into the feeling or spirit of others and imagining yourself in another person's situation.

**Compassion:** feeling of sympathy for the distress of others, with the desire to help.

**Generosity:** giving freely of our own possessions, time and/or talent.

**Respect for Others:** showing full appreciation of the worth and dignity of others; living by "the golden rule": do unto others as you would want done unto you.

## Secondary Virtues / Character Traits

**Forgiveness:** to stop being angry, resentful and desiring vengeance toward a person or group who has harmed you; to grant pardon for an offense or debt; to free yourself from anger and another from guilt

**Fortitude:** mental and emotional strength in making the right decisions, in the face of difficulty, adversity, danger, or temptation.