

What is empathy?

Empathy is noticing how someone feels and choosing to care. It's a small thing you can do every day.

Empathy is:

- noticing how someone else is feeling.
- imagining how someone else feels.
- understanding that other people's feelings matter. This is important even when your feelings are different.

Empathy is not:

- feeling sorry for someone or pretending to feel the same.
- it isn't only for big moments – it can happen in small, everyday moments too.

Next steps

Show empathy in one small way today. Notice how your friend is feeling. Do one kind thing for them. You can:

- ask 'Are you okay?'
- sit with them
- share something you have
- save them a spot
- say something kind
- invite them to join an activity or to play.





What could you
do if someone
feels sad or
left out?



Where to get more help

If you need further support, help is available:

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au). Free, confidential counselling for bullying and other harmful behaviours, school issues, online harm and wellbeing, available 24/7.

Beyond Blue: 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au). Mental health support for stress, anxiety or overwhelm, available 24/7.

Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au). Crisis support and counselling if things feel overwhelming, available 24/7.

Dolly's Dream Bullying Support Line: 13 36 55 (13 DOLLY) or [dollysdream.org.au](https://www.dollysdream.org.au). Counselling and guidance for children and young people experiencing bullying and other harmful behaviour, available 24/7.

headspace/ehespace: 1800 650 890 or [headspace.org.au](https://www.headspace.org.au). Mental health, wellbeing and early intervention support, available 9 am–1 am daily.

1800RESPECT: 1800 737 732 or [1800respect.org.au](https://www.1800respect.org.au). Sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family and domestic violence and/or sexual assault, available 24/7.

13YARN: 13 92 76 or [13yarn.org.au](https://www.13yarn.org.au). Culturally safe 24/7 support for Aboriginal and Torres Strait Islander people.

QLife (LGBTIQA+ young people): 1800 184 527 or [qlife.org.au](https://www qlife.org.au). Free, anonymous peer support and referral service, available 3 pm–9 pm daily.

eSafety Commissioner: [esafety.gov.au](https://www.esafety.gov.au). Report cyberbullying, get advice and request content removal support.

Australian Human Rights Commission: [humanrights.gov.au](https://www.humanrights.gov.au). Support for cases involving discriminatory harm. Reports can be made via their website or by emailing infoservice@humanrights.gov.au.

Connected resources

- Looking out for others
- What to do when friendship is hard



State, territory and non-government education sectors will reflect the expectations of the National Framework for Addressing Bullying in Australian schools in their policies and procedures by Term 1 2027. This includes making reasonable efforts to initiate a response to bullying and harmful behaviour within two school days, recognising that further time may be required to fully address the issue. By Term 1 2027, all schools will also publish or link to policies and procedures that align with the National Framework (or equivalent contemporary jurisdiction specific Frameworks) and their local policies and school context.