

National Academies Empathy and Compassion Workshop: Implications for Human Wellbeing

Mary Gordon, C.M., O.N.L., O.ON., LL.D., D.Litt Roots of Empathy Founder, President & CEO May 21, 2025





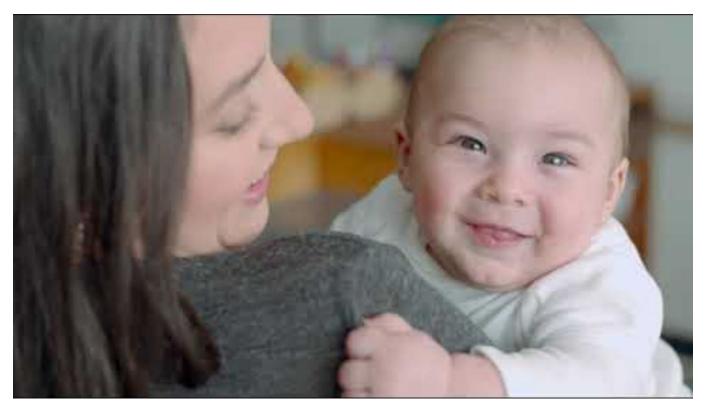








Roots of Empathy



What is Roots of Empathy?

www.youtube.com













Research on Roots of Empathy

Independent research including randomised control trials on three continents have found that children in the Roots of Empathy program experience:

- An increase in prosocial behaviours (E.g., kindness, sharing, helping, and including)
- An increase in empathy
- An increase in knowledge of infant development
- A decrease in aggressive behaviours, including bullying

(Schonert-Reichl, Zaidman-Zait and Hertzman, 2012; Santos et al, 2011; Latsch and Bollinger, 2017; Connolly et al, 2018)

https://rootsofempathy.org/research/





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To me, bullying means: Sadness, pain, like I don't feel loved

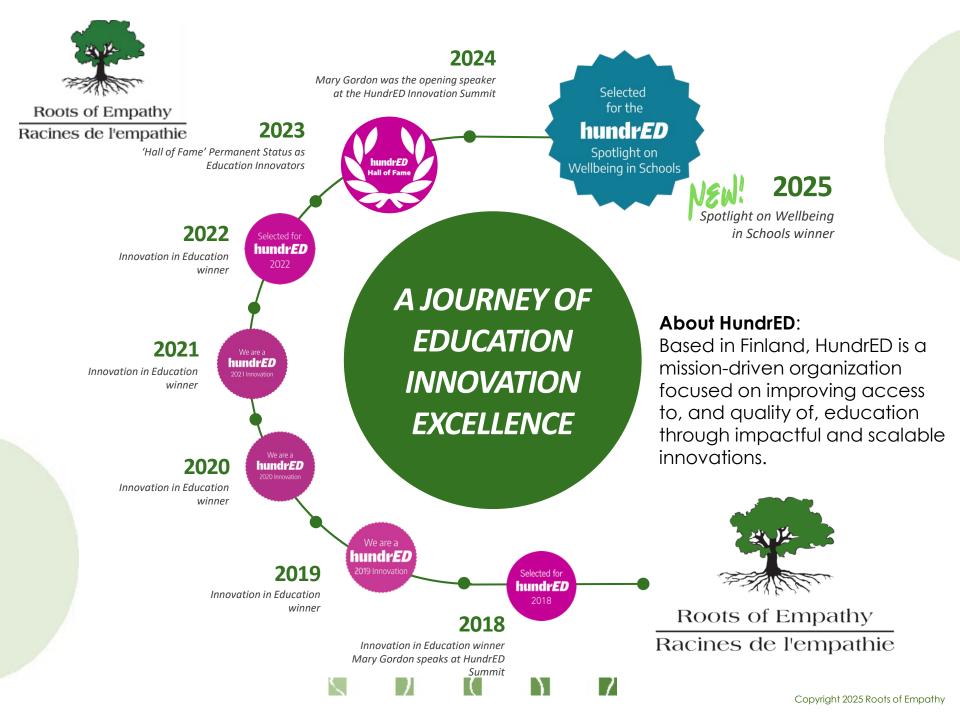
Sadness Bullying can feel like... Bullying can look like... Copyright @ 2020 Roots of Empathy. All Rights Reserved.













One of a small group of school based well being innovations awarded as being the most effective in the world

This prestigious honour underscores ROE's deep impact and scalability on students' wellbeing in schools, and celebrates how ROE engages not just children but their teachers, families, and communities.













The Need Identified by HundrED and its Partners

- Declining student wellbeing, exacerbated by the Pandemic
- Many programs and initiatives were not grounded in scientific evidence
- Research that student's wellbeing influences their ability to learn, thrive, and attain life satisfaction as adults
- Schools play a pivotal role, second only to families



From 2023 ROE Global Evaluation

94% of host teachers agreed or strongly agreed that the Roots of Empathy program supported mental health and wellbeing

~ Global Program Evaluation

87% of students reported that their Roots of Empathy baby helped them to understand that they have the right to be loved

~ Global Program Evaluation

98% of parents reported that they felt that along with their baby, they were helping children to develop empathy

~ Global Program Evaluation











