



Digital Engagement

Growth Mindset and Empathy

ACTIVITY

Rate your agreement with the following statements (1-5: 1 = Disagree strongly; 5 = Agree Strongly):

Bullies and victims are types of people who really can't be changed. _____

There are two kinds of people: Bullies and their victims. _____

Some people are just jerks, and not much can be done to change them. _____

Now watch this short "[Growth Mindset Video](#)" (2.5 minutes) and think about the following questions:

- 1 How can you use the information from this video on growth mindset to think about bullies and victims? Can they grow and change?
- 2 What "fixed" negative beliefs do you think bullies and/or victims might have about themselves?
- 3 What ways could they reframe these beliefs so they reflect a growth mindset?

Some examples:

Fixed Mindset Belief: No one likes me.

Growth Mindset Beliefs: I can make new friends.

Fixed Mindset Beliefs: I don't belong.

Growth Mindset Beliefs: I can do things to help myself feel more like I belong here.

Fixed Mindset Beliefs: He is a bad person.

Growth Mindset Beliefs: He did something that I don't like, but it doesn't mean he can't change.

- 4 Remember the video and how it points out that we can retrain our brains by writing or repeating something to ourselves over and over. We can also retrain our brains by practicing a certain behavior, such as making an effort to say nice things about people, again and again.
- 5 Next time you're in a challenging situation, try to practice your growth mindset skills, and notice if that improves the way you feel.

BONUS ACTION

Would your school benefit from a set of guidelines for participation in digital communities? Who better to create this than you and the other students? Ask your teacher to form working groups to brainstorm sets of rules that might guide community participation with empathy and inclusivity.

SOURCE Derived from Greater Good Science Center @ UC Berkeley's GGIE website. Full Educator Lesson:
https://ggie.berkeley.edu/practice/developing-a-growth-mindset-about-bullies-and-victims/#tab__2