

How to Consider Others

An expert gives advice on being attentive to others.



Pay attention to people when they talk!

Some people live by the golden rule. It says you should treat others how *you* would like to be treated. Many cultures have different versions of this rule to follow. But they all mean basically the same thing: It's important to consider others.

The rule has a place in social and emotional learning (SEL) as well! *News-O-Matic* spoke to an SEL expert. Tyrone Martinez-Black offered some tips on how to be considerate. Remember that being kind to others can brighten their day!

Pay Attention!

“Usually, people think of being considerate as being polite,” Martinez-Black told *News-O-Matic*. But it's more than just saying please and thank you. Being considerate also means paying attention to how other people may feel.

For example, maybe your friend is being very quiet. When you text them, they don't respond. And they haven't been talking much at school. This could mean that they are going through a tough time. Pay attention to these behaviors — and ask your friend how they are doing!

Be Caring

Martinez-Black said taking actions to be thoughtful will help those who may be struggling. Choose kind and caring words when speaking to others. Be mindful of how your words affect them.

If your friend is upset, try asking them questions about how they feel. However, being considerate “is more than asking, ‘How are you?’” Martinez-Black said. He added that it's important to be genuine when reaching out to others. When you show you care for someone, they know they are not alone. Martinez-

Black said being there for one another can help people tackle and solve problems.

He added that “supporting one another through tough times” is important. It “demonstrates being helpful and compassionate.”

Be Patient

“A peer may be struggling with anger or grief,” Martinez-Black said. Take a breath. Be patient while your friend shares how they feel. Listen actively by making eye contact.

Play a Game!

“Games are a great way to practice being considerate,” Martinez-Black said. Taking turns while participating in activities requires cooperation and communication. Be considerate on the field *and* off.

Get to Know YOU, Too!

“Know yourself,” Martinez-Black said. Kids should have a clear understanding of how they are affected by other people. “Being able to name emotions and what causes them can go a long way in having empathy for others,” Martinez-Black explained.

Knowing yourself can help you “appreciate differences,” the expert shared. “Take time to learn about other cultures,” he added. That will help “children recognize that other people will not always share their beliefs.” It’s important to notice that the diverse views that people share are valuable.

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By Teresa Johnson

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