

NARRATIVE 4 Empathy into Action

KINDNESS

LISTENING SKILLS

TOLERANCE



NARRATIVE 4

# EMPATHY SCHOOL AWARDS

COMPASSION

WELLBEING

INCLUSION

CONNECTION

SOCIAL SKILLS

The Story Exchange fulfils six of  
the criteria of the new Junior Cycle

Managing Myself, Staying Well, Communicating, Being Creative,  
Working with Others, and Managing Information and Thinking.



The Narrative 4 Empathy School Award recognises post primary schools that foster an environment of empathy, lead with kindness, and cultivate connection and understanding in their students and staff.

### About us

Narrative 4 is an empathy education programme that started in high schools in the U.S. and now runs in over 5 countries. Narrative 4 was established to address isolation in young people by creating a space for young people to connect and share their own stories and experiences with each other. This helps them to see the world from another's perspective so that they can understand themselves and other people better. Storytelling is a powerful tool that allows us to

see the commonality of human experience. N4 trains teachers in an evidence-based teaching method that fosters connection, empathy and encourages positive relationships in the classroom. In 2016, Narrative 4 Ireland replicated the US model and began running the programme in Ireland. The programme was developed under the guidelines for the National Council for Curriculum & Assessment (NCCA) Junior Cycle Wellbeing Unit.

**As well as the award itself, gold awardee schools will be rewarded with books and artist visits**



## Bronze Award Criteria

COMPULSORY	
5 Story Exchange programmes delivered and logged in an academic year	
3 teachers trained in N4 Empathy Education CPD	
Give a 10 minute presentation to all staff about the Empathy School Award	
ELECTIVES (CHOOSE 1)	
Take part in the Narrative 4km Walk & Talk Empathy Challenge	
Deliver a Story Exchange for at least 6 staff members or 15% of staff members	



## Silver Award Criteria


COMPULSORY	
6 teachers trained in N4 Empathy Education CPD	
10 Story Exchange programmes delivered & logged in an academic year*	
Take part in the Narrative 4km Walk & Talk Empathy Challenge.	
Deliver a Story Exchange for at least 12 staff members or 30% of staff members	



## Gold Award Criteria


COMPULSORY	
10 teachers trained in N4 Empathy Education CPD	
15 Story Exchange programmes delivered & logged in an academic year*	
Take part in the Narrative 4km Walk & Talk Empathy Challenge.	
Deliver a Story Exchange for 50% of staff members	
Develop a school Empathy Charter	

\*Or calendar year



“ I saw a transformation of attitudes amongst the teenagers. They demonstrated a greater awareness of their own feelings. The Story Exchange opened up an undetected skillset.

**DONNCHA Ó TREASAIGH**  
Director of Schools of Limerick Clare  
Education and Training Board



“ One of the best CPD courses on student wellbeing currently available. My students loved the Story Exchange.

– TEACHER

“ I think our class got closer after it and I can talk to more people now

– STUDENT

Log your Story Exchanges on  
[www.narrative4.ie](http://www.narrative4.ie)



Narrative 4 Ireland  
Email: [Info@narrative4.ie](mailto:Info@narrative4.ie)  
Phone : 061 315656  
[Narrative4.ie](http://Narrative4.ie)

Narrative 4 Ireland –Company Limited By Guarantee Company Number 594852  
Narrative 4, 58 O'Connell Street, Limerick, Ireland V94 XV70  
Registered Charity Number (RCN) is 20155254 CHY Number : 22037