CODE OF TOLERANCE

- WHAT IS TOLERANCE AND WHAT IS NOT!
- ELEMENTS OF TOLERANCE
- CODE OF TOLERANCE
- EMPATHY
- SYMPATHY

Tolerance is putting up with something you do not like.

Tolerance is an option only when one dislikes something—or in social psychological, jargon, when one has negative affect toward an attitude object. Tolerance is intentional self-restraint in the face of something one dislikes, objects to, finds threatening, or otherwise has a negative attitude toward—usually in order to maintain a social or political group or to promote harmony in a group.

TOLERANCE IS SUPPORT FOR THE EQUAL RIGHTS AND LIBERTIES OF OTHERS.

Which others?

Different kinds of tolerance based on different kinds of human diversity. The list of kinds of tolerance can be as long as kinds of diversity: religious, ethnic, political, moral, cultural, racial,linguistic…

- Religious Tolerance: Religious tolerance refers to the toleration of countries or communities of minority religions or religion as a whole. In other words, forbearance and the permission given by the adherents of a dominant religion for other religions to exist, even though the latter are looked on with disapproval as inferior, mistaken, or harmful.
- Ethnic Tolerance: Ethnic tolerance can be define as a positive act of individual or group citizens to put up their differences with respect to the cultural and tradition practices, history and values, and physic-biological aspects for a greater political aims.

- Political Tolerance: Political tolerance is the willingness to extend basic rights and civil liberties to persons and groups whose viewpoints differ from one's own.
- Media and Journalism: In terms of media and journalism, problems related to tolerance appear as freedom of expression and biased comments. News and comments create negative attitudes towards "others" in the audience, sometimes without even realizing it.
- Education: In education, from an early age, children should be educated in a way of thinking about people who do not live like their own families and close circles, and which sees diversity as richness.

ELEMENTS OF TOLERANCE

- Compromise: It involves settling for less than you want so as to come to an agreement.

- Difference/Diversity: There must be a difference, and the people involved must consider it important.

DIVERSITY+EQUALITY+PEACE=TOLERANCE

CODE OF TOLERANCE

- Freedom of speech for all!
- Everyone has the right to receive accurate and reliable news!
- Children's rights must be respected in the family and at school!
- Individual differences should be strengthened in education, not discrimination!
- All school activities need to be inclusive!
- Everyone has something believe in!
- All religions are equally valid within their cultures and origins!

- All cultures are equal and valuable!
- Treat everyone as you want to be treated, with dignity and respect!
- Get to know other religions, cultures and numerous ways of thinking!
- Be generous, respectful and open-minded!
- Respect the sexual orientation of others!

EMPATHY

Emphaty is the ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation.

- Empathy definitions encompass a broad range of phenomena, including caring for other people and having a desire to help them; experiencing emotions that match another persons emotions; discerning what another person is thinking or feeling.

- Empathy helps us connect and help others, but like other traits, it may have evolved with a selfish motive: using others as a "social antenna" to help detect danger. From an evolutionary perspective, creating a mental model of another person's intent is critical: the arrival of an interloper

  Empathy has two major components:

  Affective empathy, also called *emotional empathy*, is the ability to respond with an appropriate emotion to another's mental states. Our ability to empathize emotionally is based on emotional contagion, being affected by another's emotional or arousal state.

Cognitive empathy is the ability to understand another's perspective or mental state. The terms emphatic accurancy, social cognition, perspective-taking, theory of mind, and mentalizing are often used synonymously, but due to a lack of studies comparing theory of mind with types of empathy, it is unclear whether these are equivalent.

Affective and cognitive empathy are also independent from one another; someone who strongly empathizes emotionally is not necessarily good in understanding another's perspective.

SYMPATHY

- Sympathy is the perception of, understanding of, and reaction to the distress or need of another life form.

- Sympathy is a feeling of pity or sorrow for someone else's misfortune. Sympathy may not be received as well as empathy, but sorrowful sympathy can offer some warmth and support in the face of someone else's misfortune—if administered with sensitivity and sincerity.

Different states of need (such as perceived vulnerability or pain) require different sorts of human reactions, including those that range from attention to sympathy. For example, a person with cancer might draw a stronger feeling of sympathy than a person with a cold. Depending on the circumstance of the subject, the way that sympathy is expressed can vary because of the given situation. Gestures of sympathy may also be seen as a social response to a crisis.