

- Mayme's favorite activity





# IN THEIR SHOES

MONIQUE BERGERON

BHS-POLICE STUDIES



## CONSIDER....

- Think of a time when you felt uncomfortable about the way you handled a situation.
- Why did I behave that way?



## CONSIDER....

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# UNCONSCIOUS BIAS



THE  
ROYAL  
SOCIETY

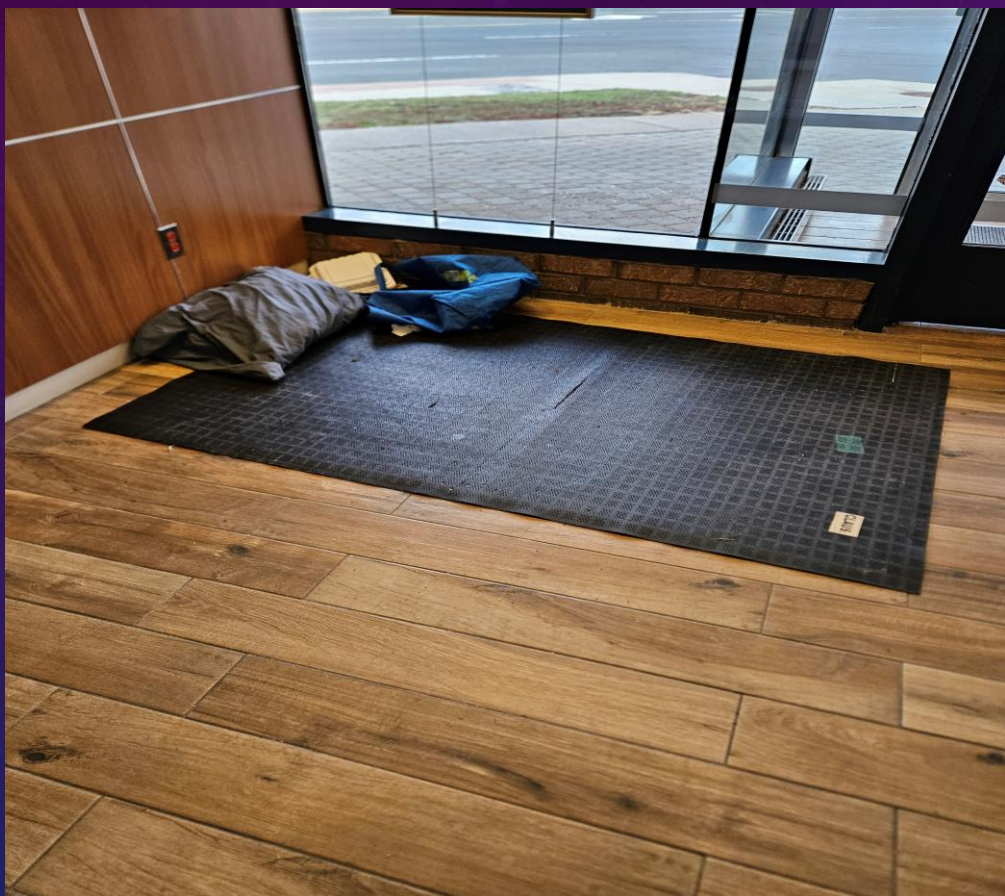




# WORK/VOLUNTEER HISTORY –VULNERABLE POPULATION

- General Chemical Ltd.
- Victim Services Windsor/Essex
- Windsor Police Service
  - Patrol Unit, V.I.P.-Camp Brombal, H.S.R.O., Police Outreach Unit











# WHY DO I SHARE THIS WITH YOU?

- Vulnerable:
  - Anyone who is capable of being physically and/or emotionally wounded
  - Anyone who is open to attack

- Merriam-Webster, (n.d.). Vulnerable. In Merriam-Webster.com dictionary. Retrieved November 10, 2024 from [Merriam-Webster.com/dictionary/vulnerable](https://www.merriam-webster.com/dictionary/vulnerable)





# PRACTICING EMPATHY



**Practicing  
Empathy**



**Mental Health  
First Aid**

**Certified  
Facilitator**

**An Opening Minds  
Program**

# MENTAL HEALTH FIRST AID

- Basic
- Youth
- Police



# PATHWAY TO KINDNESS

- Recognize our unconscious bias
- Connect with the vulnerable
- Empathize (in their shoes)
- Offer reassurance/information

