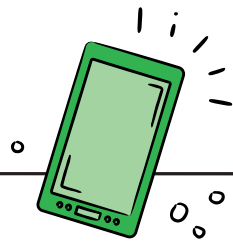


# Taking the Kind Road

**Purpose:** Learn about how you can choose kindness in your daily life.



**1 START HERE**

Several of your friends are making jokes about Charlie, another student, in a private group chat. What should you do?

**A.** Join the comments. It's what everyone else is doing, and besides, things said in a private chat can't affect someone in real life, right?

What people say in chats can have very real effects on how people feel in real life. Go back to start and try again!

X

**B.** Speak up in the chat. Let people know it's never OK to be mean about someone.

Thanks to your actions, the comments stop in the group chat.

**2**

Charlie finds out about the mean things that were said. What should you do?

**A.** Do nothing. Charlie's probably fine!

Mean things said online or in chats can cause people to feel hurt. Charlie might not be fine—you'll never know if you don't ask. Go back to 2 and try again!

X

**B.** Message or talk to Charlie directly to find out how he's doing.

Charlie is glad you reached out.

**3**

Charlie lets you know the comments from the chat hurt his feelings. What should you do?

**A.** Tell Charlie he's overreacting and that this isn't really a big deal.

It's best to show empathy, not to tell people how they should or should not feel. There's a better way to support someone in this situation—go back to 3 and try again!

X

**B.** Give him space to express himself. Let him know you're sorry this happened to him and that you're there to listen.

Showing empathy and kindness to others in chats, online and in real life is always the right call! Great job sticking up for others and being a good friend.

**YOU MADE IT! WAY TO TAKE THE KIND ROAD!** ★

**Challenge:** What could happen if you didn't try again when you hit a dead end? How might the situation with Charlie change? Would it get better or get worse? How would Charlie feel?