

Spread kindness,
not rumors.
Do your part to **stop bullying.**



Data shows youth who report frequently bullying others and youth who report being frequently bullied are at increased risk for suicide-related behavior. You can do your part to spread kindness instead of pain. Here are some ways you can do your part.

1. Smile and make eye contact with people you pass on the street
2. Recommend a book. Better yet, lend that book
3. Hold the door open
4. Let someone in front of you in the check-out line
5. Offer your seat to someone standing
6. Put away your phone and just listen
7. Offer to take a photo of a family on an outing
8. Help that mom trying to get her stroller through the door
9. Leave a tip...a big one
10. Hug often
11. Pay for the toll, the coffee, the ice cream cone, the car wash of the person behind you in line
12. Leave quarters at the laundromat, the arcade, or the game machines at restaurants
13. Talk to someone new
14. Forgive
15. Text or tell someone you're thinking about them
16. Offer sunscreen, wipes, tissues, or hand sanitizer to someone who looks like they just might need some
17. Offer to put someone else's bag in the overhead storage area of the airplane
18. Volunteer for an extra turn taking out the garbage, unloading the dishwasher, or vacuuming
19. Be kind to the messenger or deliver man
20. Don't order pizza when it's storming
21. Share your umbrella
22. Return the lone shopping cart
23. Be the one to shift the negative conversation
24. Bring up your neighbor's garbage can, mow their lawn, water their plants
25. Only say nice words to yourself

