



Acts of Cyber Kindness

IMPORTANT: Since this is an activity designed to include others, unless someone gives you expressed permission to use their name or picture, **please remember to respect the confidentiality and privacy of others.** Always refrain from using anyone's real name or even their "real" social media name (if different) as well as any real pictures of their faces (you can blot out their names and faces, for example), unless of course they say it's okay.

What you'll need:

- A camera and a computer if you're truly doing this online. If you prefer to do this offline, you'll just need something to write and draw on.
- A good heart.

Instructions:

1. Come up with 5 examples of acts of kindness that you can do, anonymously or otherwise, whether online or in the real world.
2. Just go out there, online or otherwise (or both), and DO IT.
3. If possible, try to get a picture or a screenshot or create a drawing or painting of each kind act (online or otherwise).
4. Next, explain why you selected to do each act and what you did exactly.
5. Finally, tell us about what happened after:
 - How did the recipient of the kindness react?
 - How did you feel?
 - If you were to do it again, what would you change, if anything?
6. Feel free to use the Act of Cyber Kindness template, below.

Examples of cyber kindness: (and acts of kindness in general 😊)

Some examples of this could be a screenshot of you standing up for another person being bullied online or simply providing someone else with a few words of encouragement. Another example could be photo (or a drawing, if you would rather not use the Internet) of you or someone else helping an elderly man to his door with his groceries... shoveling a neighbour's driveway... or babysitting for a busy mom.

DID YOU KNOW?

When Quentrel Provo (pictured right*), a young Halifax man, lost his cousin Kaylin to violence in 2012, he founded the Stop the Violence, Spread the Love Campaign. Meanwhile Quentrel claims there are three things you can do to stop the violence and spread the love: 1) Be kind, say nice things to one another. 2) Share with one another, and 3) Lend a helping hand.



Text and image from the book **Amazing Black Atlantic Canadians, Nimbus Publishing Ltd.*

ACTS OF CYBER KINDNESS TEMPLATE

Screenshot/photo

Explanation and url/link

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