

#KINDVIBES

National Random Acts of Kindness Day (February 17th) and Bullying Prevention Month (October) are great times to educate youth about kindness and bullying. However, you really don't need a special reason to do this. Any day is a good day to spread kindness!

Use the information below to educate youth athletes and parents about #KindVibes!

Talking Points to Educate Youth Athletes

Hello! We all know what a bully is, right? Someone who is NOT nice, not fun, and not a friend!

But do you know what a Kind Vibe is? A Kind Vibe is a great way to stop bullying. It's a way to be nice, to have fun, and to be a friend! It's a way to treat others with respect – just as you want to be treated.

Here at [____], we want all of our youth athletes and parents to spread Kind Vibes! By spreading more good words and kindness, we can make this a place where bullies don't stand a chance! Because bullying and abuse are never OK.

So how can you spread those Kind Vibes? Who can share an idea? *(allow athletes to answer)*

(If these are not offered, suggest the following as well as any other ways you can think of):

Compliment a friend. Hold the door and let someone go ahead of you. Write a kind note – just because. Post using #KindVibes to let others know kindness matters.

Visit #KindVibes Headquarters at <https://www.mbfpreventioneducation.org/resource/kindvibes/> for more ideas and inspiration! The website also has a link for a #Kindvibes quiz that I would love for each of you to take on your own time.

We always encourage you to speak out when you see bullying, cyberbullying, or other hurtful and abusive behaviors and to always show kindness to others. Remember, kindness starts with you. So, get out there and spread the Kind Vibes!

