

National Random Acts of Kindness Day (February 17<sup>th</sup>) 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!

## Messages

Use these short messages to educate and empower youth and parents to spread kindness. Add them to outside or inside signs, post on your website and/or social media, and share them verbally with your youth athletes.

- #KindVibes Rule!
- Show us your #KindVibes
- No bullies! Just #KindVibes
- #KindVibes start here
- #KindVibes rock!
- We love #KindVibes
- #KindVibes can change the world!

