

"Be the reason someone smiles. Be the reason someone feels loved and believes in goodness in people."

~Roy T. Bennett~

Be Kind to Humankind Week -August 25-31 is a way for people to celebrate kindness, generosity, service, and forgiveness to our fellow human beings. It serves as a reminder that kind words and acts should be the norm, and supporting one another is a direct way to help people thrive.

EQUITY/EQUALITY

Equality is one of the central principles of democracy, based on the belief that all people should have the same opportunities to be successful and have a productive, enjoyable life. Equality is rooted in fairness since it is linked to another American ideal, that of a meritocracy. The idea of equality is key to the notion that everyone will be able to achieve based on their

efforts and contributions to society instead of their status or position. Equality was particularly important during the civil rights era when non-whites didn't have equal standing or treatment before the law. More recently there has been a debate about whether equality is enough or if equity is a more important principle.

Equity recognizes that everyone doesn't begin in the same place in society. Some people face adverse conditions and circumstances making it more challenging with the same effort to achieve the same goals. Equity advocates for those who may have been historically disadvantaged, making it difficult for them to be successful. What is "fair" as it relates to equity isn't a question of what is the same but rather the point from which a person begins.

TEACH YOUR KIDS TO BE KIND and INCLUSIVE

The importance of inclusivity has never been more prominent in our society, and it's vital to instill the value of kindness in your child. No matter their age, it's never too late or too early to start building a more inclusive life and the importance of kindness.

1. **Don't Ignore Differences.** While this can encourage people to feel more like a unit, ignoring differences in religion, race, ability level and other markers of identity can make people feel like they're not being seen. This isn't inclusion.
2. **Find Common Ground.** It's vital to acknowledge and learn about our differences but it can also be important to find similarities and common ground. It's all about balance. Put children in environments that are inclusive of everyone and advocate for the presence of those spaces can help achieve this.
3. **Use Content to Educate.** The power of books, stories, and film can go a long way. What a child experiences in the media they consume will help shape their view of the world, so it's important to expose them to a variety of things.
4. **Model Inclusivity in your Own Life.** It is important to lead by example. Participating in circles and environments with people of all walks of life can be good examples for your children.
5. **Encourage advocacy.** One big part of raising your child with the spirit of inclusivity is to encourage them to stand up for those who need it.

HISTORY OF BE KIND TO HUMAN KIND WEEK

Be Kind To Humankind Week was created in August of 1988 by Lorraine Jara. She says that she was inspired to create Be Kind To Humankind Week (also known as BK2HK) by the tragic incident of two men from her hometown who were involved in a boating accident. The two men kept fighting for their lives while other boaters passed them by. No one offered to help because they didn't want to get involved, and one of the men eventually died. Jara decided to honor the memory of the deceased young man by creating Be Kind To Humanity Week that would encourage people to be kind to others. Many have recognized her for her efforts, including Oprah Winfrey and Paul Simon, along with several American Presidents.

Be Kind to Humankind Week is an annual celebration of kindness that is recognized globally every year. According to Jara, it is basically "a week of reflection and kind thoughts of others to make this world a better place. Of course, we suggest practicing kindness daily, but this is the week you can take." The entire week aims to specifically guide people on how to be kinder human beings to others on that day. Learn more by visiting this link: <https://bk2hk.org/about/>.

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Day 1: Perform a random act of kindness. Brainstorm with your child some ways to brighten a stranger's day.

Day 2: Mail a letter or card to a friend—as a surprise. People love getting mail! Have your child write a letter or card to a friend or relative.

Day 3: Volunteer to help someone. Help takes millions of forms, and it's important for kids to get in the habit of both asking for—and giving—help. Sign up with your child to volunteer somewhere.

Day 4: Create a list of kind things to say. Everyone should have some go-to thoughtful things to say. Work together to come up with a list of kind things to say in various situations

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NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED.
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— AESOP