

KINDNESS POSTER

0. Respect every person:

avoid judging

1. Listen before you speak:

focus on others, not just yourself

2. Show empathy:

put yourself in the other person's place to better connect



3. Show genuine interest in others:

engage deeply by asking thoughtful questions

4. Choose your words carefully:

words define you; use the right ones to show care for others



5. Foster constructive dialogue:

be polite, considerate, and open in sharing your views

6. Be open to changing your opinions:

ideas can be discussed and re-evaluated

7. Learn to embrace silence:

sometimes, words can cause harm

8. Recognize your limitations:

accept help from others

9. Be reliable and offer help:

your skills can be valuable to others

10. Make kindness a part of who you are:

practice it regularly



ONLINE KINDNESS

1. Consider your actions carefully: online actions have real consequences

2. Be assertive: share your thoughts and feelings respectfully

3. Avoid spreading hate online: don't share negative messages

4. Keep calm: don't respond to provocations



6. Reflect before sharing: reread carefully before posting

5. Disagree respectfully: voice your opinion without imposing on others

7. Take responsibility for your posts: words fade, but screenshots last

8. Don't encourage cancel culture: everyone can make mistakes and deserves a second chance



KINDNESS IN UNIVERSITY

1. Avoid unhealthy competition:
create an inspiring environment

6. Build a support network:
friendships are essential

5. Recognize your limits:
be willing to accept help

2. Share your skills:
your experience can be helpful

3. Keep your commitments:
it's a sign of respect for others

4. Be proactive:
find solutions to problems





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