INDRESS PORTION OF THE PROPERTY OF THE PROPERT

O. 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 ham

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

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

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

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



6. Reflect before sharing: reread carefully before posting

J 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

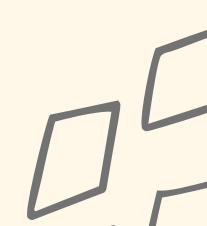
3. Keep your commitments:

it's a sign of respect for others

4. Be proactive:

find solutions to problems







EDITED BY:

Francesca Calvanese Maria Pia Dimartino Giorgia Duma Camilla Greggi