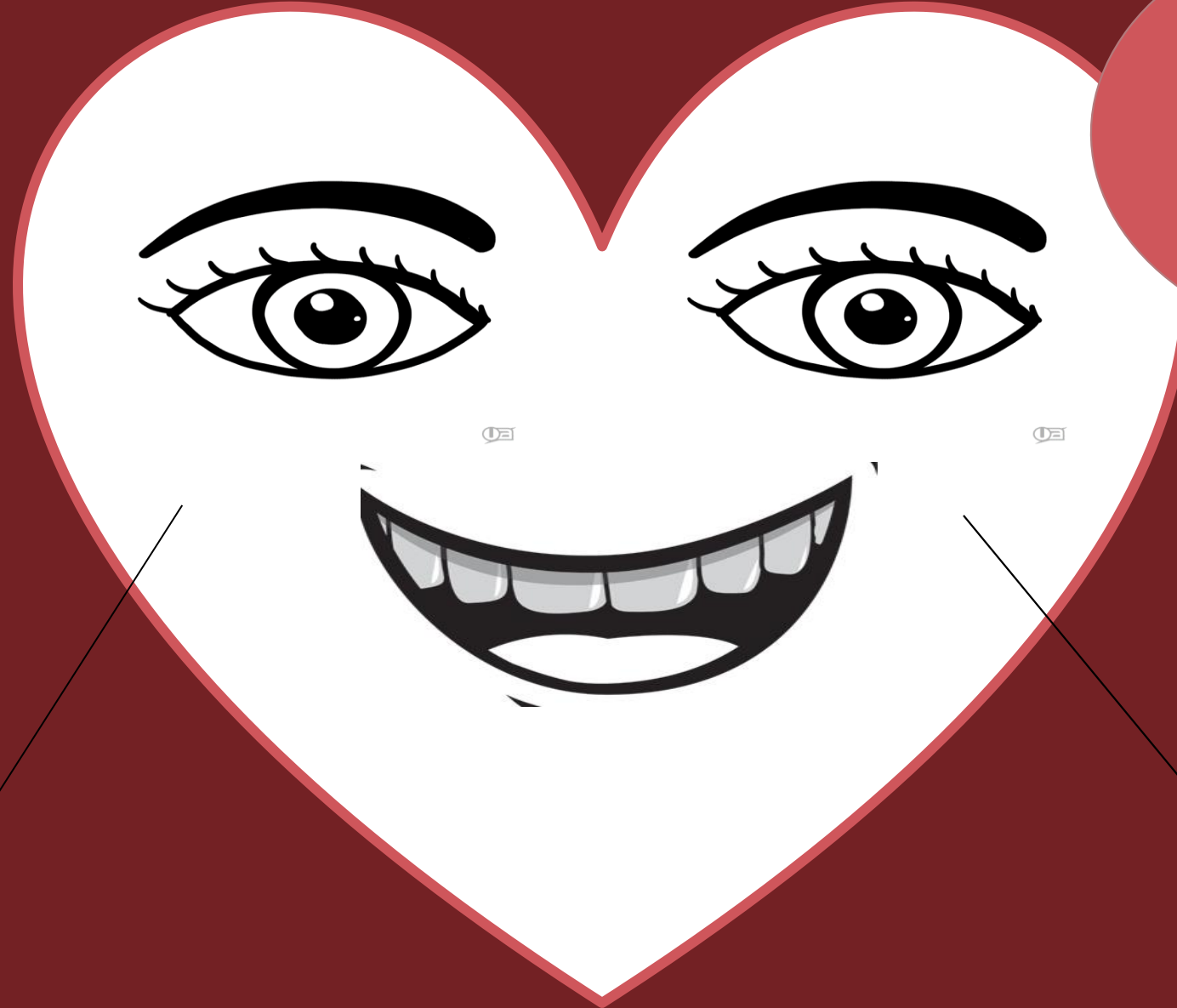


kindness

KINDNESS

Logo

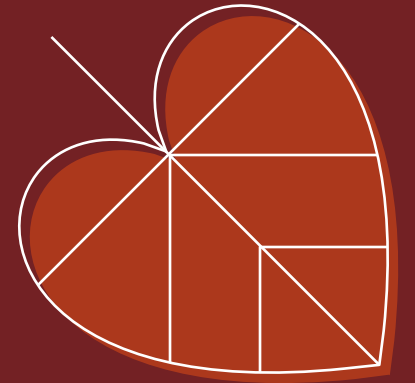
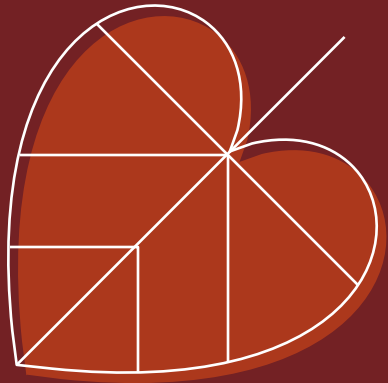


***Treat People  
with kindness***

# KINDNESS

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Kindness - Being kind is not only about being nice *instead* of being mean, but also about being nice in the face of meanness. Kindness is being considerate, gracious, and forgiving. You could say that being friendly and considerate is being nice, but kindness is more. Kindness is generous. Kindness isn't something you're generous with. Kindness is being generous. To *be* kind is to *be* generous. To give without thinking of what they would give you in return



A close-up portrait of a woman with long, dark, wavy hair. She is wearing a white, ruffled top. Her right hand is raised to her hair. The background is a plain, light-colored wall.

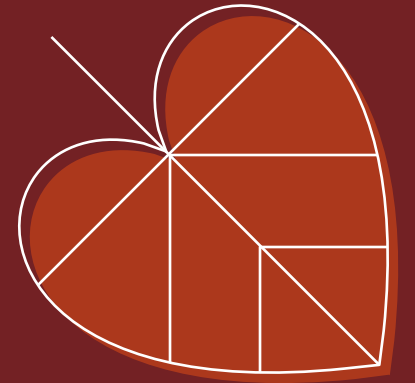
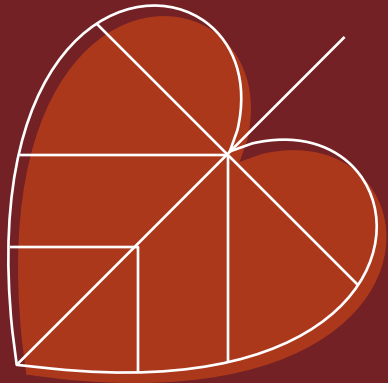
FAOUIZA

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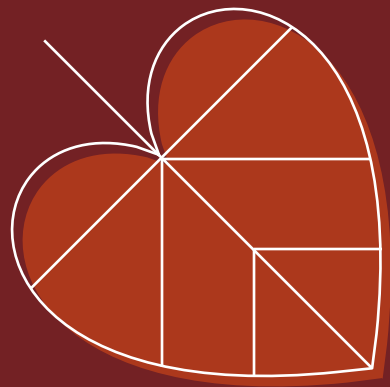
# FAOUIZA

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Faouiza is a twenty-year-old Moroccan-Canadian singer-songwriter and musician. Faouzia is a compelling vocalist, songwriter and multi-instrumentalist. Her lyrics are so powerful and inspiring, and with songs about female empowerment and overcoming darkness, the reason why pick her is because she is kind and to everyone she meets, she always posts positive things on her social media, never something negative



# Why is kindness important online?



- Kindness reduces the number of bullies and victims of bullying all around the world
- It brings happiness
- It reduces depression
- It helps to Improve health and decrease stress
- If everyone will be kind online there would be less victims of cyberbullying and the suicide rates will come down