let's talk about

Kindness and Empathy

YES
Youth Equipped to Succeed

Kindness starts with empathy—understanding and sharing others' feelings. It leads to compassion and simple acts of support that uplift others and improve your own well-being. Learning about kindness helps students build stronger relationships, navigate challenges with empathy, and create a more respectful, compassionate world for themselves and those around them.

Kindness Statistics

80%
of youth prioritize achievement over kindness, stressing the need to teach empathy.*

~30%
of bullying behaviors dropped at schools that incorporated empathy-building activities.**

78%
of children who engaged in acts of kindness reported feeling happier and more socially connected.***

*Harvard's Making Caring Common Project
**The Journal of Adolescence
***A 2012 study published in PLOS ONE

WATCH NOW

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Motivational Moments Mini Video Series

Parents & Caretakers – After watching this video with the child in your life, use the following questions to help guide your conversation:

- What is empathy, and how does it help you show kindness?
- Why is it hard to be kind when someone is unkind to you, and how can empathy help?
- How does being kind to others improve your own well-being?

To view more critical youth culture topics and to access other discussion guides, visit:
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