

## Tear off some kindness and pass it on!

We believe that celebrating and encouraging acts of kindness will directly advance our mission by creating a more inclusive, understanding and accepting world for people with autism. We hope you will join us.

Be kind.

**You are supported.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You got this!**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You are making an impact.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You are changing lives.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You are awesome!**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You are strong.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You're unique and that's awesome.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**You are wonderful.**

Pass it on. [autismspeaks.org/kindness](https://autismspeaks.org/kindness)

**Hey, you've got a great smile!**

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