



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!

What is kindness?

The ways to be kind are limitless. Kindness is the sincere and voluntary use of one's time, talent and resources to better the lives of others, one's own life and the world through genuine acts of love, compassion, generosity and service. It is everything from a simple smile to a major gift. Every act can create an endless ripple of kindness that leads to a more inclusive world.

10 Ways to be kind within your community

Be inclusive: Include others in group settings. Reach out to someone who may seem shy, isolated or feel alone.

Be generous: Donate to a cause that is meaningful to you, someone in your family or a friend.

Be polite: Don't stare or draw attention to people who are exhibiting behaviors that are unfamiliar to you.

Be understanding: Recognize that not everyone interacts with the world the same way you do. Give everyone your full attention and take the time to know and appreciate what makes each individual unique.

Be patient: Give others the time and space they need to digest and share their thoughts, feelings, questions or concerns.

Be loving: Let your friends, family and strangers know they are loved in the ways they feel most comfortable. Expressions of care and love do not have to be verbal or physical.

Be involved: Volunteer in your community with organizations that share your passions and interests.

Be brave: Go out of your comfort zone to help someone else or even ask for help yourself.

Be friendly: Remember to say "hello," "excuse me," "please" and "thank you" with a smile. One single interaction could make someone's day, so make it count.

Be thoughtful: Little things can make a big difference. Hold a door for someone or leave positive messages on a post-it-note in random places throughout your town.

And always remember that kindness starts with yourself. Embrace what makes you unique!

Self-acceptance fosters acceptance and kindness towards others.

For more information on the **be kind** campaign, visit: autismspeaks.org/kindness.