



MAKE KINDNESS YOUR CHOICE

4-STEP PROGRAM

Evoke. Educate. Empower.

A four-step program by Gabriella van Rij, founder of the Dare To Be Kind Movement, that educates individuals and students on how kindness can be the solution to bullying and cyber torment (cyber bullying) and the key to healthier relationships and safer communities.

1. BECOME AN ACTIVE WITNESS

When you see someone being harassed or bullied, don't be a bystander. Break your silence. Take action.

Takeaways

- Fear influences our reactions to everyone
- Recognize when you or another is acting out of fear
- Letting go of your fears allows compassion to surface
- We're all guilty of bullying behavior
- The bully and the victim are mirror images of each other

2. OWN YOUR UNIQUENESS

When you embrace who you are, you'll feel true happiness that only comes from being yourself.

Takeaways

- What it means to "own your uniqueness"
- Until you own your uniqueness, you'll always feel not good enough
- How to take ownership of your uniqueness and how doing so defends you against bullies

3. DARE TO STEP INTO YOU

When you dare to step into the real you, others will accept you, without reserve.

Takeaways

- What is the payoff for not daring to be you
- Why is victim mode easier than being yourself
- How to accept who you are with all its flaws
- How to take that first step to being your true self

4. MAKE KINDNESS YOUR CHOICE

When you take the time to dare to be kind, you enrich others' lives.

Takeaways

- Kindness is more than just saying nice things: the delivery matters
- Use others' rudeness as a cue to be kind
- Make kindness a habit
- Kindness challenge: 1 act of kindness within your personal 2-mile radius.

To bring the full program to your workplace, school, or community, contact us for a speaking engagement in English or Spanish. Click to see this [video clip](#) of Gabriella in action!

