

# CHANNEL KINDNESS

## DISCUSSION GUIDE



### ABOUT THE BOOK

**LADY GAGA** has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery, and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each young author finds their voice just as Lady Gaga has found hers.

Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion; it is pride, empathy, and compassion; and it is self-respect and the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

### ABOUT THE CREATOR

**BORN THIS WAY FOUNDATION** Reporters with Lady Gaga

**CHANNEL KINDNESS** features a collection of stories told by young changemakers who have found their inner strength, prevailed in the face of bullies, started their own social movements, decided to break through the mental health stigma and share how they felt, created safe spaces for LGBTQ+ youth, and embraced kindness with every fiber of their being by helping others without the expectation of anything in return.

**LADY GAGA** is a singer, songwriter, and actress. She offers her insight by responding to each story, connecting with the storytellers through her own experiences, and suggesting organizations that might help readers who are interested in learning more about the particular topic being discussed.

# QUESTIONS

## BEGINNING

1. Born This Way Foundation works with young people to carry out its goals of making kindness cool, validating the emotions of young people around the world, and eliminating the stigma surrounding mental health. What are some ways you can help build a kinder and braver world?

## THE VALUE OF NEGATIVE SPACE

2. What are the two types of negative spaces Lady Gaga describes that have value, and what should these moments be filled with? What example does she give to describe the importance of filling negative space?

## SCORE A FRIEND

3. How does Hanna define inclusivity in her story? Based on that definition of inclusivity, what could an inclusive friendship look like? What about an inclusive community?

## INTERNATIONAL DAY OF SELF-LOVE

4. We often think about kindness as something we can give to other people. In this chapter, Sanah reminds us it's also something we should give to ourselves. What does self-kindness mean to you, and why is it important?

## LEARNING TO LIVE LIFE AS IS

5. Share some ways you can help to eliminate stigma surrounding mental health. What advice and coping methods does Perri mention here, and how do you take care of your own mental health?

## WOODLAND'S HISTORIC PUSH

6. Juan shares how he successfully advocated for an LGBTQ+ proclamation in his hometown. What causes are you passionate about advocating for and why?

## GENERAL QUESTIONS

7. Which story stood out to you the most and why?
8. There's power in sharing your experience. Think of a time when you shared your story with someone. How did it make you feel, and how can sharing stories help foster kind communities?
9. What are some organizations, events, or movements you know of that have helped spread kindness, hope, and love? Discuss them and how they have created change. Examples can include parades, fund-raising events, NGOs, local organizations, social movements, and more.
10. What does it mean to build a culture of kindness, and how would you support that in your community?

*We hope the stories in this book empower you to share your own. We encourage you to share yours at*  
**CHANNELKINDNESS.ORG**

