

# channel **kindness** STORYTELLERS CLUB



**your story matters**





*“Kindness has a soft undertone.  
Sometimes people think it is weak.  
It is tremendously powerful.  
It can change the way that we view  
each other, the way that we view our  
communities, and the way that we  
work. Even the way that we feel about  
ourselves, by being kinder to  
ourselves.*

*We need more kindness in the world.”*

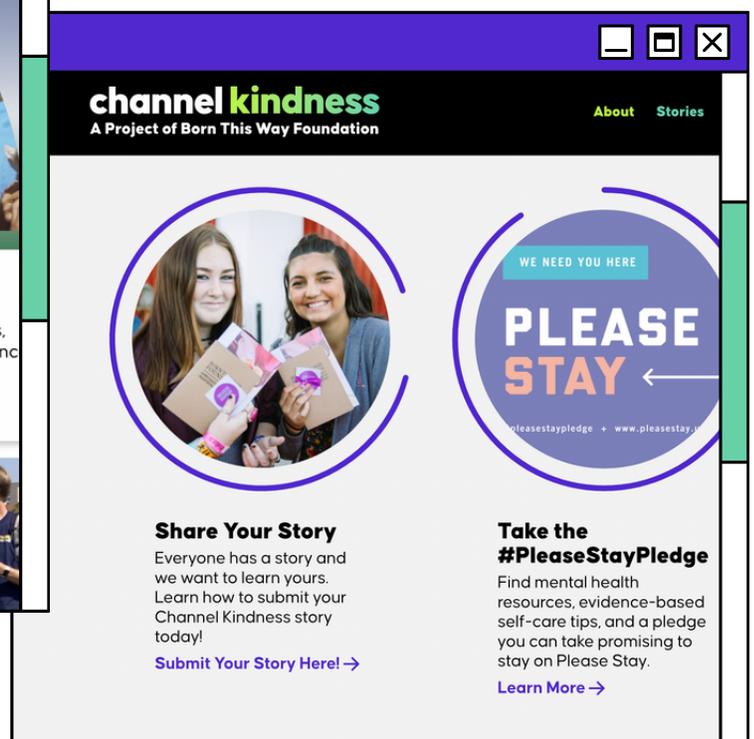
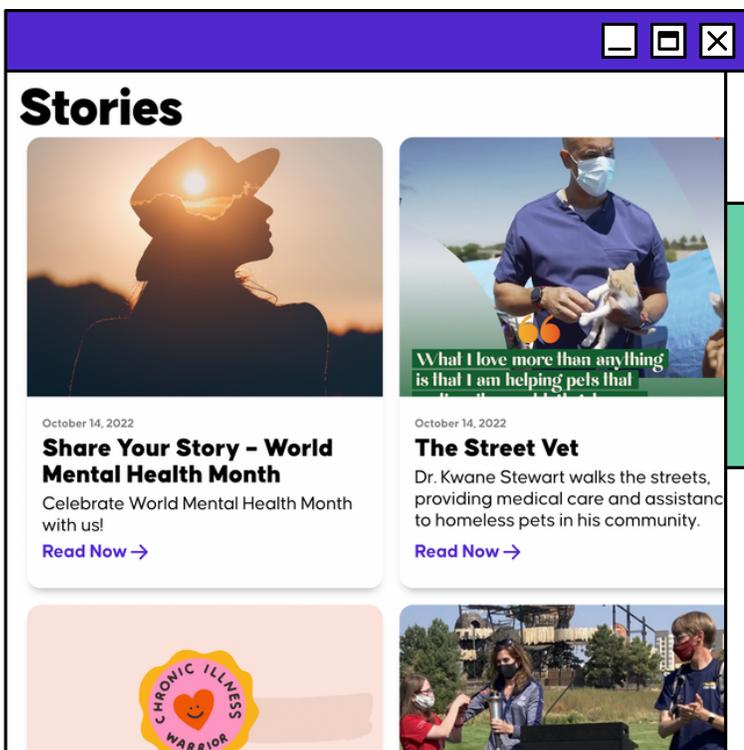
*- Lady Gaga*

# channel kindness

A Project of Born This Way Foundation

Channel Kindness is a digital platform launched by Lady Gaga's Born This Way Foundation with the purpose of empowering young people to create a kinder and braver world.

Through the power of storytelling, we hope to inspire our audience to spread kindness, encourage acceptance, and elevate the stories of good that happen in our communities each and every day.



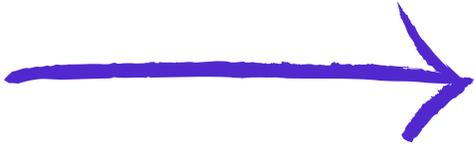
# STORYTELLERS CLUB

*The Channel Kindness Storytellers Club is a free writing workshop that focuses on giving young people the tools they need to tell their stories and feel more comfortable expressing themselves through writing.*

*By the end of the workshop, we want participants to feel inspired to keep writing their stories and take time with their minds to focus and process life creatively. The option to submit to Channel Kindness will be open to all participants after completing the workshop.*



# Part 1



- *Storytellers Club  
Workshop Guidelines*

# Part 2



## *Writing Prompt Topics:*

- *Introspection*
- *Self-Care*
- *Kindness Toward Others*

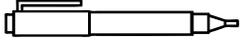
# Part 3



- *Submitting to Channel  
Kindness + Guidelines*
- *Born This Way  
Foundation Resources  
+ National Hotlines*

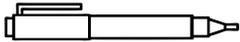
# Storytellers Club: Guidelines

**Stream-of-consciousness:** *Your thoughts and reactions happen in a continuous flow, while you try not to control them. Don't edit your thoughts.*



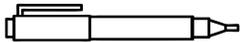
## **Don't Judge**

*The goal of today and these exercises is to open your mind and write about some of your experiences and thoughts on the world, emphasizing kindness. Don't judge what you write. Simply, write.*



## **Don't Overthink**

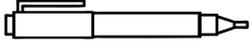
*Don't think about what you're writing. Write about what you're thinking. Let your brain wander and don't try to control it. Let your mind think over the questions and write whatever comes to mind.*



## **Don't Correct**

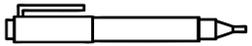
*Grammar, spelling, and punctuation are important. But sometimes they can get in the way of our thoughts just flowing. For these exercises, don't worry about spelling, grammar, or punctuation. Just write, don't correct yourself as you go through these exercises.*

# Brave Space Agreement



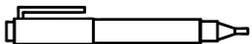
## **1. This is a safe space.**

*This is a judgment-free zone, and students should be empowered to share their thoughts, ideas, and stories.*



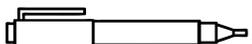
## **2. Be respectful.**

*We all come from different backgrounds and have different perspectives. Everyone's feelings are valid, so it's important not to judge anyone for what they say or interrupt anyone when they talk.*



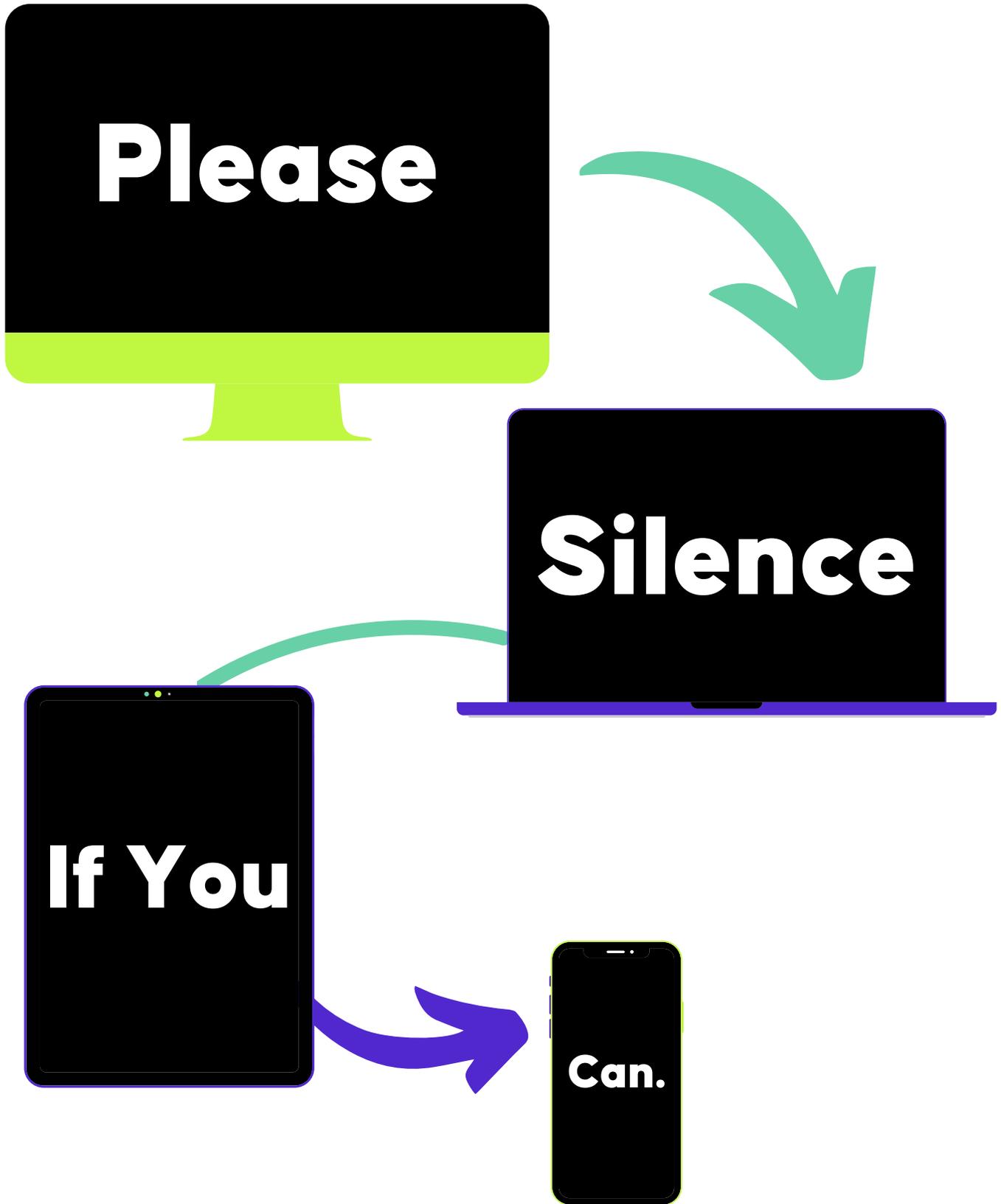
## **3. Prioritize confidentiality.**

*Privacy is important, and whatever is said in the classroom should stay in the classroom.*

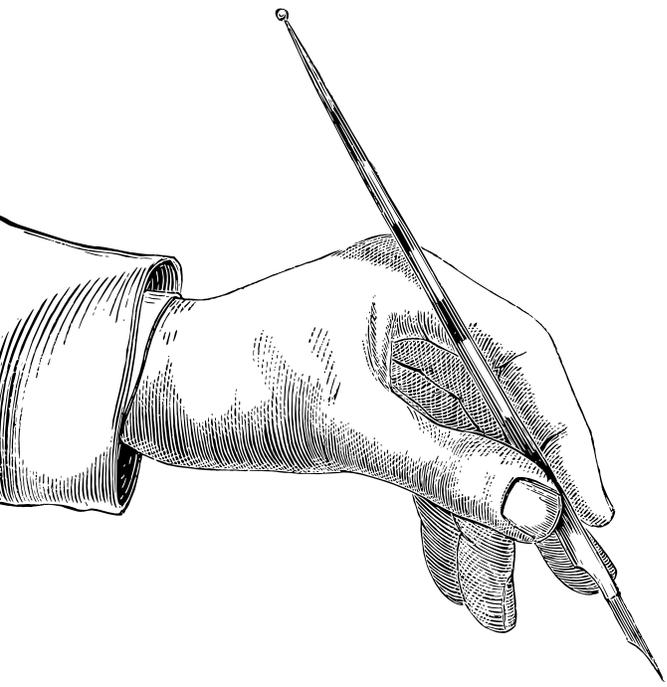


## **4. Speak from the "I" perspective.**

*Speaking from the I perspective ensures everyone feels empowered to share their own thoughts and feelings without any accusatory feelings.*



*Find a quiet place where you can think + give yourself 30-60 minutes without notifications.*

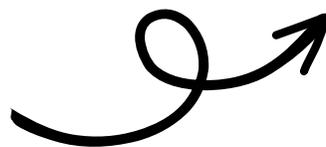


# Pause. Breathe. Focus.

*Once you've found a quiet spot where you can focus, turn the page, and let's begin.*

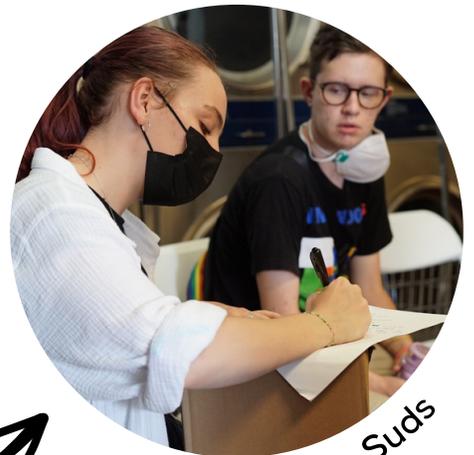
**What is the kindest thing you've ever done for someone else?**

Click the circle to take the Be There Certificate and learn how to be there for your friends as well!

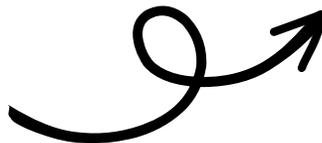


**When do you feel most validated?**

**Think back and recall when you have been especially patient  
and forgiving with yourself.**



Click the circle to learn about  
Kindness in the Community 2022  
recipient, Civic Suds.



**Is it ever difficult to be kind? How can you practice kindness even when it's difficult?**



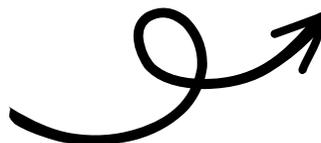
*"Conscious breathing is my anchor."*

*- Thích Nhất Hạnh*

**Think about the environment you're in right now  
and ground yourself in your surroundings. How are you feeling?**



Click the circle to learn about Kindness in the Community 2022 recipient, Civic Suds.



Our Minds Matter

**What is something you can do to take care of your mental health today?**

## What makes you feel powerful?



Click the circle to learn about Kindness in the Community 2022 recipient, BAGLY.

**Studies show that practicing gratitude can improve your mental health.**

**List 6 things you're grateful for today.**

---

**1**

---

**2**

---

**3**

---

**4**

---

**5**

---

**6**

---



*"Am I good enough?  
Yes I am."*

*-Michelle Obama*

**Write about an act of courage or bravery  
performed by yourself or someone you know.**

Click the circle to learn about  
Kindness in the Community 2022  
recipient, Breaktime.



Breaktime

**How can you use honesty to be more kind?**



If you need ideas, check out  
ChannelKindness.org!  
Click on the circle!

**What are 5 things you wish other people knew about you?**

---

**1**

---

**2**

---

**3**

---

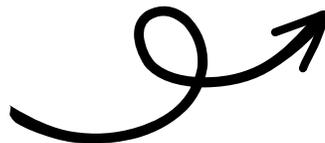
**4**

---

**5**

**What are some ways you can show kindness to your friends or community?**

Click the circle to learn about Kindness in the Community 2022 recipient, Girls Embracing Mothers.



*Girls Embracing Mothers*



Listen to music.

Reflect on your day.

Go outside.

Bake your favorite bread.

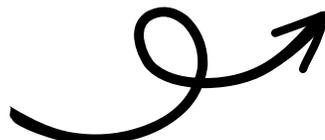
Draw your favorite character from a movie.

**Do something every day that makes you  
pause and connect with yourself.**

**Think back and recall when you have been especially patient and forgiving with yourself.**

**What advice would you give to someone going through a difficult time?**

Click the circle to learn about Kindness in the Community 2022 recipient, Café Momentum.



**Write Down 6 Positive Affirmations**

---

**1**

---

**2**

---

**3**

---

**4**

---

**5**

---

**6**

---

**What is something you can do to take care of your mental health today?**



If you need ideas, check out  
ChannelKindness.org!  
Click on the circle!

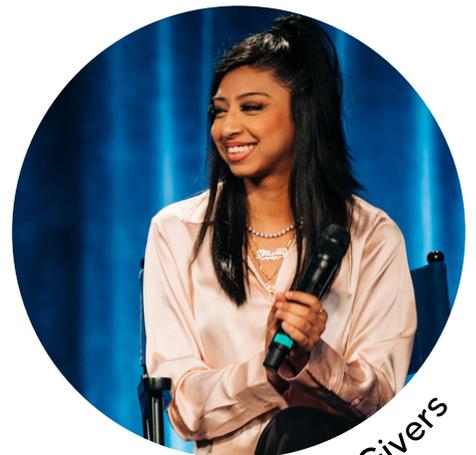


*"You are loved just for being  
who you are, just for existing."*

*- Ram Dass*

**What does self-love mean to you?**

Click the circle to learn about Kindness in the Community 2022 recipient, Hope Givers.



Hope Givers

**What is a small act of kindness that you could do daily?**



If you need ideas, check out  
[ChannelKindness.org](http://ChannelKindness.org)!  
Click on the circle!

**Describe a place where you feel calm and at peace.**

**How do you define kindness? Why is kindness important?**

Click the circle to learn about Kindness in the Community 2022 recipient, Hope Bound.



Hope Bound

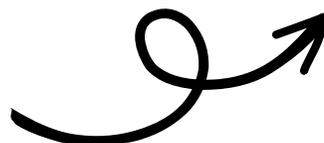


*Over 70 percent of young people aged  
18- 24 use creative activities to help  
improve their mental health.*

*-Kindness in Communities research*

**Describe a moment when you felt brave.**

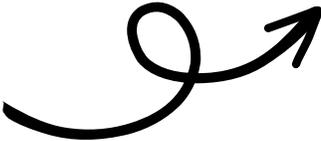
Click the circle to learn about Kindness in the Community 2022 recipient, VOICEUp Berks.



**Remember a moment when you were unexpectedly generous and thoughtful to someone in your community. What was going through your mind at that time?**

**Who is the kindest person you know?**

Click the circle to learn about Kindness in the Community 2022 recipient, Mighty Writers.



**Mighty Writers**

*"Just be kind. The act is free and it's priceless." -Lady Gaga*

**What are some kind acts that you could easily do?**



If you need ideas, check out  
ChannelKindness.org!  
Click on the circle!



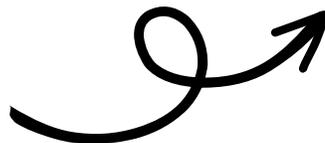
*"Courage starts with showing up and letting ourselves be seen."*

*-Brené Brown*

**What do you get anxious about? What helps you process those thoughts?**

**What is the best compliment you've ever received  
that isn't about a physical attribute?**

Click the circle to learn about  
Kindness in the Community 2022  
recipient, Miry's List.



Miry's List

**How do you set and protect your boundaries?**

**When life gets overwhelming,  
three things that ground me are...**

---

**1**

---

**2**

---

**3**

---

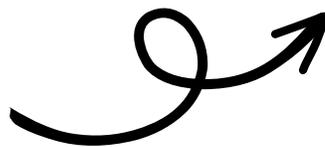


*"Your perspective is unique. It's important and it counts."*

**-Glenn Close**

**What is a self-care goal you have for yourself?**

Click the circle to learn about Kindness in the Community 2022 recipient, Project Q.



**What was the highlight of your day, and why?**



To read inspirational stories,  
check out [ChannelKindness.org](http://ChannelKindness.org)!  
Click on the circle!

**What are 5 things that make you laugh?**

---

**1**

---

**2**

---

**3**

---

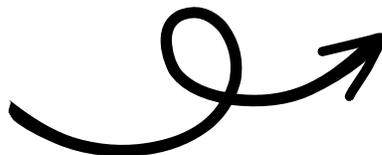
**4**

---

**5**

**Write a love letter to yourself.**

Click the circle to learn more self-care tips!



**BORN THIS WAY/  
FOUNDATION**

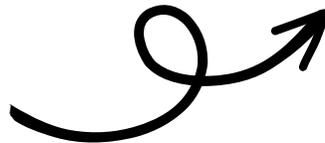


*"The chance to love and be loved  
exists no matter where you are."*

*-Oprah*

**Who are you most inspired by? Why?**

Click the circle to learn about Kindness in the Community 2022 recipient, The Montrose Center.



The Montrose Center

**How do you share your feelings and/or struggles  
with the people close to you?**

**After a long day, how do you recharge?**

Click the circle to learn about Kindness in the Community 2022 recipient, Young Audiences of Houston.



**When you feel stressed, what are three things you do  
(or could do) to help you process your thoughts?**



*"Who you are inside is what helps you  
make and do everything in life."*

*-Mister Rogers*

**How can you step out of your comfort zone and continue to grow when it comes to kindness and helping others?**



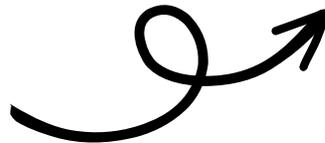
It's okay to ask for help. If you need assistance, check out our resources! Click on the circle!

**What new opportunities have come from challenges you've faced in your past?**

**What are small acts of kindness towards yourself  
that you could start to do more often?**

**Describe what makes you feel better when you're having a hard day.**

Click the circle to take the #PleaseStayPledge and identify your reasons to stay with Find Your Anchor.





*"There is hope, even when your brain  
tells you there isn't."*

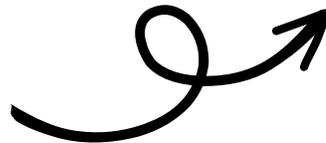
*– John Green*

**What is the kindest thing you've ever done for someone else?**

**What qualities make you special and unique?**

**Describe how an act of kindness changed your day.**

Click the circle to learn about our annual Advisory Board featuring young people's voices.



**How do you wish others saw you?**



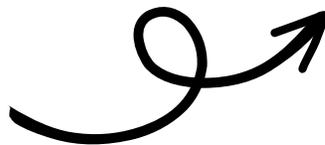
*"You are the one thing in this world, above all other things, that you must never give up on. Asking for help is the first step. You are more precious to this world than you'll ever know."*

*– Lili Rhinehart*

**How are you feeling right now in this moment?**

**How do you set boundaries and avoid taking on someone else's stress and emotions?**

Click the circle to learn about Kindness in the Community 2022 recipient, Guitars Over Guns.



**How do you slow down and enjoy the present when you're stressed?**

**How do you stay focused and clear from distractions?**



It's okay to ask for help. If you need assistance, check out our resources! Click on the circle!



*"Your mental health is everything – prioritize it.  
Make the time like your life depends on it,  
because it does."*

*– Mel Robbins*

**Make of list of 10 things that make you happy**

1

2

3

4

5

6

7

8

9

10

**How do you swap envy for joy when someone else accomplishes something?**

**What advice would you give to your younger self?**



If you need ideas, check out  
[ChannelKindness.org](http://ChannelKindness.org)!  
Click on the circle!

**How do you notice when you're nearing burnout?**



*"The little things? The little moments?  
They aren't little."*

*-Jon Kabat-Zinn*

**Think about your favorite song - in what ways do you resonate with it?  
Does it make you think of anyone?  
Send the song to someone you think will enjoy it!**

Click the circle to learn about Kindness in the Community 2022 recipient, Erika's Lighthouse.



**How do you forgive yourself when you make a mistake?**

**How did you love yourself today?**



It's okay to ask for help. If you need assistance, check out our resources! Click on the circle!

**Write a letter of gratitude to someone you love.**



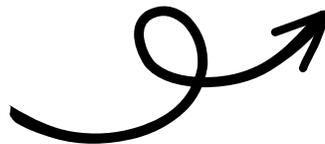
*Eight in ten young people say the "ability to connect to people facing similar challenges" is a helpful aspect of online wellness resources.*

*-Digital Communities research*

**What's a goal you have for yourself that you could complete in 6 months?**

**How do you remind yourself that you're enough?**

Click the circle to learn about Kindness in the Community 2022 recipient, LYRIC.



LYRIC

**How do you ask for help and support when you need it?**

**What is your vision for a kinder, braver world and why?**



To learn how other young people are building a kinder, braver world, head to [ChannelKindness.org](https://ChannelKindness.org)! Click on the circle!

# You are so amazingly mindful.

## **Wow, Storytellers.**

*You've made it to the end of the journal. But really, every ending is just a beginning.*

**We invite you to continue writing, drawing, exploring, being mindful and being kind toward yourself and others.**

*If you feel called to share, we would be honored to read your story.  
Turn the page to learn more!*



# Submitting to Channel Kindness

## **Q: What type of content are you looking for?**

A: We love first-person essays with an aspirational tone. Just think: What hopeful or uplifting story do you want to share with others? We're also looking for content that reports on the kind, compassionate, and brave individuals, organizations, and events that shape our communities!

## **Q: How long should my piece be?**

A: Articles should be 400 to 800 words in length. A special exception will be given to pieces in which the extra length is considered necessary and purposeful to the overall piece.

## **Q: Do you only accept written pieces?**

A: Nope! We accept video, audio, and written!

## **Q: Where can I learn more?**

A: Head to this [link](#) for our full guidelines and for instructions on how to submit!

# Resources

**Check out the list below to find help lines and chat services, useful information, and other resources that can help you navigate the issue you're facing.**

**If you or someone you know is in immediate danger, call emergency services (911 in the U.S., 999 in the U.K.).**

## **National Suicide Prevention Lifeline**

**1 800-273-8255**

## **Crisis Text Line**

**US: Text HOME to 741741 / Canada: Text 686868**

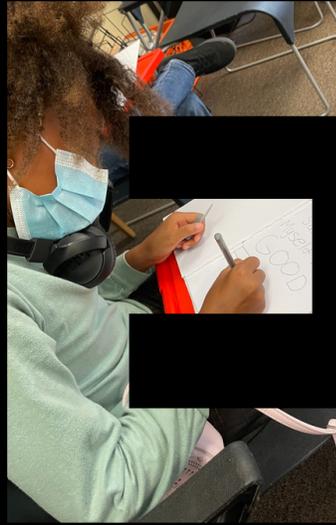
## **TrevorLifeline**

**Call: 866-488-7386 / Text: "START" to 678678**

## **Find A Helpline (International)**

**Visit [bekind.findahelpline.com](https://www.bekind.findahelpline.com) for free, confidential support from a real human over phone, text or webchat.**

**For a full list of resources, [click here!](#)**



*"I feel like if you're a really good human being,  
you can try to find something beautiful in  
every single person, no matter what."*

*- Lady Gaga.*

**channel kindness**  
A Project of Born This Way Foundation

Copyright © 2023 Born This Way Foundation

