



# **Digital Empathy and Kindness**

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## **Tipsheet**

## Introduction to topic

Empathy online means caring how others feel even through a screen.

## Why it matters for Peer Leaders

As a peer leader, you're not just part of the conversation, you help shape it. Showing empathy, kindness, and support online sets the tone for others and builds trust in your digital community. Your example can inspire change, calm tensions, and remind others they're not alone.

## Top tips

**Tip Title:** Pause Before You React

**Prompt:** Think before replying to something upsetting.

**Example:** Instead of clapping back at a rude comment, take a breath and respond (or don't) with kindness or silence. It's powerful.

**Tip Title:** Use Emojis to Add Tone

**Prompt:** Texts can be misunderstood and emojis help show your mood.

**Example:** Add a 😊 or ❤️ when giving feedback, so your message feels friendly and supportive.

**Tip Title:** Check in on Friends

**Prompt:** Notice a friend going quiet online? Say hi.

**Example:** "Hey, haven't seen you around lately just checking in. Hope you're okay."

**Tip Title:** Respond, Don't Roast

**Prompt:** Resist making fun of someone, even "as a joke."

**Example:** If friends are roasting someone in a comment thread, you can change the tone or steer the conversation away.

**Tip Title:** Lead with Compassion

**Prompt:** Treat every message like it's being read by someone who's having a hard day.

**Example:** Before posting or sharing, ask: "Will this help, harm, or heal?" Choose to help.

## Conversation Starters

1. When has someone been kind to you online? How did it feel?
2. How do you know when someone's message is sarcastic or serious?
3. Do you think emojis or GIFs help us express empathy? Why or why not?
4. What would you say to a friend being targeted in a group chat?

## Challenge for the Week

Every day, leave one positive comment or send a kind DM.

It could be encouragement, appreciation, or just a "Hey, I thought of you."

Watch how kindness spreads when you start it.



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