5 ways to start making kindness the norm online

Social media is a wonderful tool for making connections and building relationships. It's brought us all closer and allowed us to catch up with our friends and family in real time.

Treating people with kindness matters just as much online as it does in person, here are some of our top tips on how you can help make kindness the norm online.

Send an uplifting message: whether it's to a friend or family member, this could really brighten their day.

Be supportive of others by leaving kind comments: by doing this, you can uplift your friends and peers.

Think before you comment: be considerate of the feelings of others and respectful of the opinions of others. Remember there's another human on the receiving end of your comments or messages. If you won't say it face-to-face, then don't post it online.

If someone posts negative content or comments, don't engage: sharing content and commenting back is engaging and this is rewarding bad behaviour when it shouldn't be tolerated.

Spread love online! Positivity breeds positivity. You have the power to connect with people around the globe, so take this opportunity to spread kindness far and wide.

Find out more about how we're working to promote online kindness and helping those to stay safe online by visiting our Call It Out campaign page.