



EDUCATEEMPOWERKIDS.ORG

Lesson:

Uplifting Others Online and Everywhere



BACKGROUND

Speech, media, and famous characters are frequently **negative** or critical of themselves and others. In this digital age, it's all too easy to be rude, negative, and/or fake online. Unfortunately, this bleeds into our real-life interactions. It's easy to be fake and to hide behind a facade, or to mimic the harsh interactions portrayed in media. We don't always know what other people are going through; we should strive to make their lives easier rather than more difficult. We can do that through honest and **sincere** compliments.



PREPARATION

- Think of times in your life when you have been hurt by someone's words. Examine what was said and how it made you feel. Be prepared to use these examples, if appropriate, to teach your kids.
- Think of times when your day has been made better because someone said something kind to you. Note your feelings and be prepared with these examples as you talk to your children.
- Have there been times when you've given a sincere compliment? How did it affect the other person?
- Read Lesson: Kindness: Online, Face to Face, and Everywhere for more ideas and topics you can use.



OBJECTIVE

- Q Discuss why compliments and other sincere, positive speech, online and face-to-face, are important.
- Q Discuss the differences between what media and pop culture say or do versus what actually makes people feel good about themselves.
- Q Help your child understand that every text, email, post, or message can affect others in positive or negative ways.

LESSON

Everyone needs love, support, and kindness. When we think nice and uplifting things about other people, we should say it! There may be a lot of times when we don't think that our words will make a difference in someone's life, but that isn't true. We can make such a difference in how people think of themselves and of others when we give sincere compliments.



DISCUSSION

What things do people say that make you feel good?

What can we say to help others feel better about themselves? Both online and in person, **uplifting** others is important. Everyone needs a friend, especially a sincere friend!

There may be challenges to paying sincere compliments.

- Q It's hard to be positive or even civil with someone with whom you don't get along. Sometimes we're just in a bad mood and it's hard to be sincerely positive and uplifting. These are challenges we can learn to recognize and overcome.

- Q Share some of the examples you thought of during your preparation
- Q Talk about what makes a good friend
- Q Discuss and help your child understand the importance of being sincere when you talk with, compliment, and befriend others.
- Q What are some things you can do when you are in a bad mood that can help you change your attitude?
- Q Do you think giving sincere compliments will make you feel better?
- Q Discuss specific people in your child's class, church, or neighborhood who your child could be kind to and/or befriend.

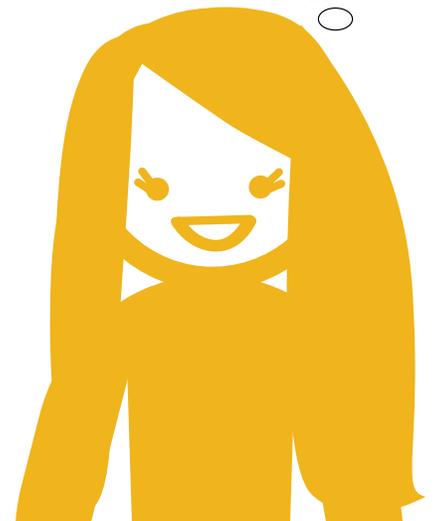
You have a great sense of humor.



QUESTIONS TO ASK YOUR CHILD

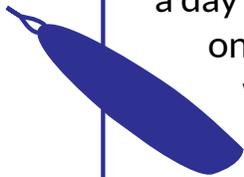
- Q What kinds of things can you compliment someone on/about?
- Q What does it mean to give someone a sincere compliment?
- Q How can you tell whether or not someone is sincere?
- Q How have you felt when you have received or given a sincere compliment?
- Q How do you think others feel when you give them a sincere compliment?

Thank you.



My Goals

1. *see list*



ACTIVITIES

Create a goal or a challenge for you to follow-up with you child in a specified amount of time. For example, invite your child to sincerely compliment someone at least once a day both online and face-to-face. Remind them to focus on being honest and to pay attention to how they feel when they sincerely compliment someone.

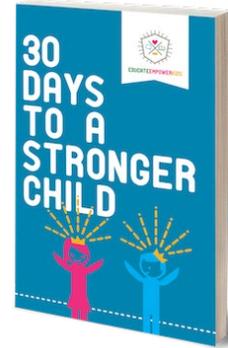
FOLLOW UP

- Q Remind your child of the feelings they expressed when you discussed how they felt when they have complimented or received a compliment from someone.
- Q Ask your child what they did to compliment and/or befriend the specific people in their classes or neighborhood who you discussed earlier.
- Q Ask your child how have they tried to be this person's friend?
- Q Ask your child how they have seen their new friend react to their outreach?
- Q Remind your child of specific things you talked about earlier that they could do to befriend and serve the person they decided to reach out to.



RELATED ARTICLES AND RESOURCES

Check out our book *30 Days to a Stronger Child* for more topics to discuss as well as more activities and questions to ask your child.



See *Noah's New Phone: A Story About Using Technology for Good* for an engaging story and great discussions about using social media and other tech to uplift others.

Teach More Than “Charity” This Season, Teach Your Kids Empathy!

Lesson: How to Create Healthy Relationships



GLOSSARY

Compliment: To praise or express admiration about someone’s appearance, performance, or anything else.

Negative: (of a person, attitude, or situation) not desirable or optimistic.

Sincere: Honest, genuine; meaning what we say and do.

Uplifting: Inspirational; offering or providing hope, encouragement, etc