



## What does it mean to Be the One for someone?

There are many ways to Be the One beginning with a wave, a smile or both. Small acts of kindness can have a big impact. Advocating for others who are not in a position to advocate for themselves can transform not just one life but whole communities. A willingness to listen to and learn about others with a sense of wonder and free of judgment is a key step in creating a caring community.

**You can Be the One in someone's life anywhere. Here are some examples:**



### In your own home

- Have face time during meals
- Invite your neighbors over
- Spend time with a child in your life
- Be present. Stop, look, and really listen to one another



### At work

- Show new co-workers where the coffee is and how the copier works. Mentor a colleague
- Treat people with respect and kindness. Be gossip free. Listen fully to what they have to say
- If a colleague is facing personal struggle, send a card, contribute meals, or just offer to listen
- See conflict as an opportunity for positive change



### In neighborhoods

- Smile and say hello to your neighbors
- Make a meal for a neighbor or friend who is going through a hard time, drive a neighbor to an appointment, visit a friend in the hospital
- Help with child care
- Introduce your (friendly!) pets to neighbors



### With yourself

**Take care of yourself.** Eat nutritious foods, get enough sleep, exercise, breathe, give yourself grace



### In school

- Give compliments, find the good
- Stand up for people
- Tutor someone who is struggling
- Be inclusive and welcome new students



### In community groups

- Volunteer, become a mentor, coach a team, donate to those in need
- Become a Court Appointed Special Advocate
- Join or start a parent group like Family Hui
- Find something you're passionate about and connect with others
- Learn your community's history, identify bias, be an advocate



### With social media

- Be kind online.
- Keep posts and comments positive
- Reach out to victims of online bullying. Report harassment
- Use posts to support a cause, raise awareness about a community issue, or to inspire and encourage