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**Beyond Differences®**

# Inspiring Students to be Online Heroes for Positive Change

## WHY THIS MATTERS

- 90%** of teens have used social media
- 75%** of teens report having at least one active social media profile
- 51%** report visiting a social media site at least daily
- 75%** of teens have their own mobile devices with internet capabilities
- 9 hours a day** is the average amount that teens are online, not including schoolwork

Source: American Academy of Child & Adolescent Psychiatry



**"Every day should be 'Be Kind Online Day' and we should all be open about the thoughts and feelings we have behind a screen."**

**- Teen Board Member, Matteo Diaz**

**Be Kind Online®** is an initiative for schools that aims to stop social isolation online and create more welcoming digital spaces for middle school students.

The success formula for this program includes teacher lesson plans, national student action days, and student leadership training.

[www.BeKindOnlineDay.org](http://www.BeKindOnlineDay.org)

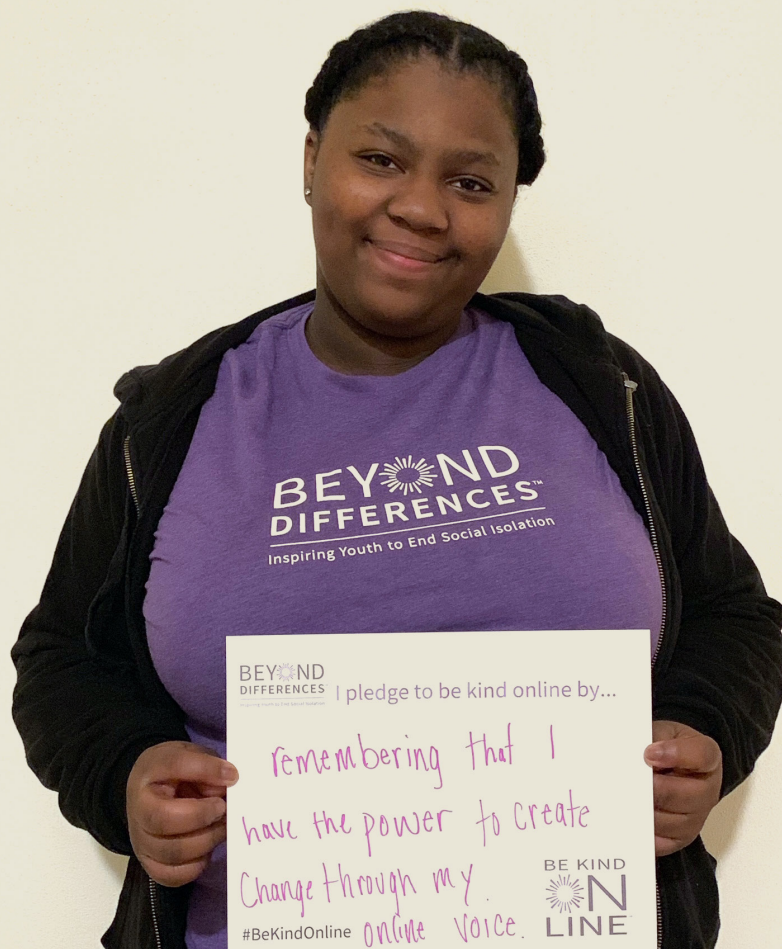
### Impact in 2022



**1,482**  
Schools Participated



**741,000**  
Students Empowered



Help us transform  
the online experience  
for middle schoolers

Be Kind Online® resources and activities  
are designed to teach:

- ☀ acceptance and inclusion
- ☀ welcoming and empathy
- ☀ authenticity and compassion
- ☀ confidence and healthy communication

The free, digital toolkit includes  
presentations, activities, videos,  
and curricula.

Learn More!

Be Kind Online® is brought to you by

**BEYOND  
DIFFERENCES®**

[www.BeyondDifferences.org](http://www.BeyondDifferences.org)

