

A large, abstract, colorful graphic on the right side of the page. It consists of various overlapping shapes, including circles, teardrops, and elongated forms in shades of red, orange, yellow, green, and blue. The shapes appear to be radiating from a central point, creating a sense of movement and energy.

# KINDNESS IS THE NEW NORMAL

It all begins with **YU.**

**This is a semester like no other.**  
One thing we all have in common  
is that we are all adjusting to  
a new way of being around each other.  
**Here are a few tips for us all  
to move forward together.**

# Here's what you can do to spread some **KINDNESS** across our campus.



## **KINDNESS TAKES TIME**

We are all getting used to new health protocols, so things may not move as quickly as you are used to. There may be longer line-ups than usual, so patience will be a key consideration when engaging with those around you.



## **KINDNESS HOLDS SPACE**

While we are all living through the pandemic, each of us has experienced it in a different way. Taking time to listen to the stories of others without comparison or judgement will help everyone feel more comfortable.



## **KINDNESS GIVES SUPPORT**

We may experience situations or conversations that trigger unexpected emotions or actions. If you or someone you see is struggling, additional support can be found online and on-campus through the Division of Students.

## Here's where you can find additional support for you or someone you know:

**THE OFFICE OF STUDENT COMMUNITY RELATIONS (OSCR)** | 416-736-5231 | [oscr.students.yorku.ca](https://oscr.students.yorku.ca)

**THE CENTRE FOR SEXUAL VIOLENCE RESPONSE, SUPPORT & EDUCATION** | 416-736-5211 | [yorku.ca/thecentre](https://yorku.ca/thecentre)

**STUDENT ACCESSIBILITY SERVICES** | 416-736-5755 | [accessibility.students.yorku.ca](https://accessibility.students.yorku.ca)

**STUDENT COUNSELLING, HEALTH & WELL-BEING** | 416-736-5297 | [counselling.students.yorku.ca](https://counselling.students.yorku.ca)