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.

KINDNESS IS THE NEW NORMAL
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
**THE CENTRE FOR SEXUAL VIOLENCE RESPONSE, SUPPORT & EDUCATION**  |  416-736-5211  |  yorku.ca/thecentre
**STUDENT ACCESSIBILITY SERVICES**  |  416-736-5755  |  accessibility.students.yorku.ca
**STUDENT COUNSELLING, HEALTH & WELL-BEING**  |  416-736-5297  |  counselling.students.yorku.ca