



 Humanity
Project
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et

KINDNESS

altruism **charity**

doing something

intended to improve

the **quality of**

someone else's **life**

in some way or another



Part of our evolution left us this way. The groups that succeeded were the groups that learned to share with each other.

Groups whose people competed with each other for everything could never match peaceful groups' pace of progress.

People who lived in communities where people took care of each other, enjoyed the support and space to develop their skills and interests, to everyone's benefit.



Can we have justice?

If everyone is worth the same as everyone else, shouldn't everyone share equally?

What about people who work harder than others? What about people whose disadvantages mean they can not work at one job, and are forced to do another they do not enjoy. What about people whose talents mean they do not have to work so hard to achieve the same?

We have not yet worked out how to prevent injustices. Kindness can sooth the hurt of those who suffer injustice.



Kindness
to help achieve
Trust

Photo : Celulosa

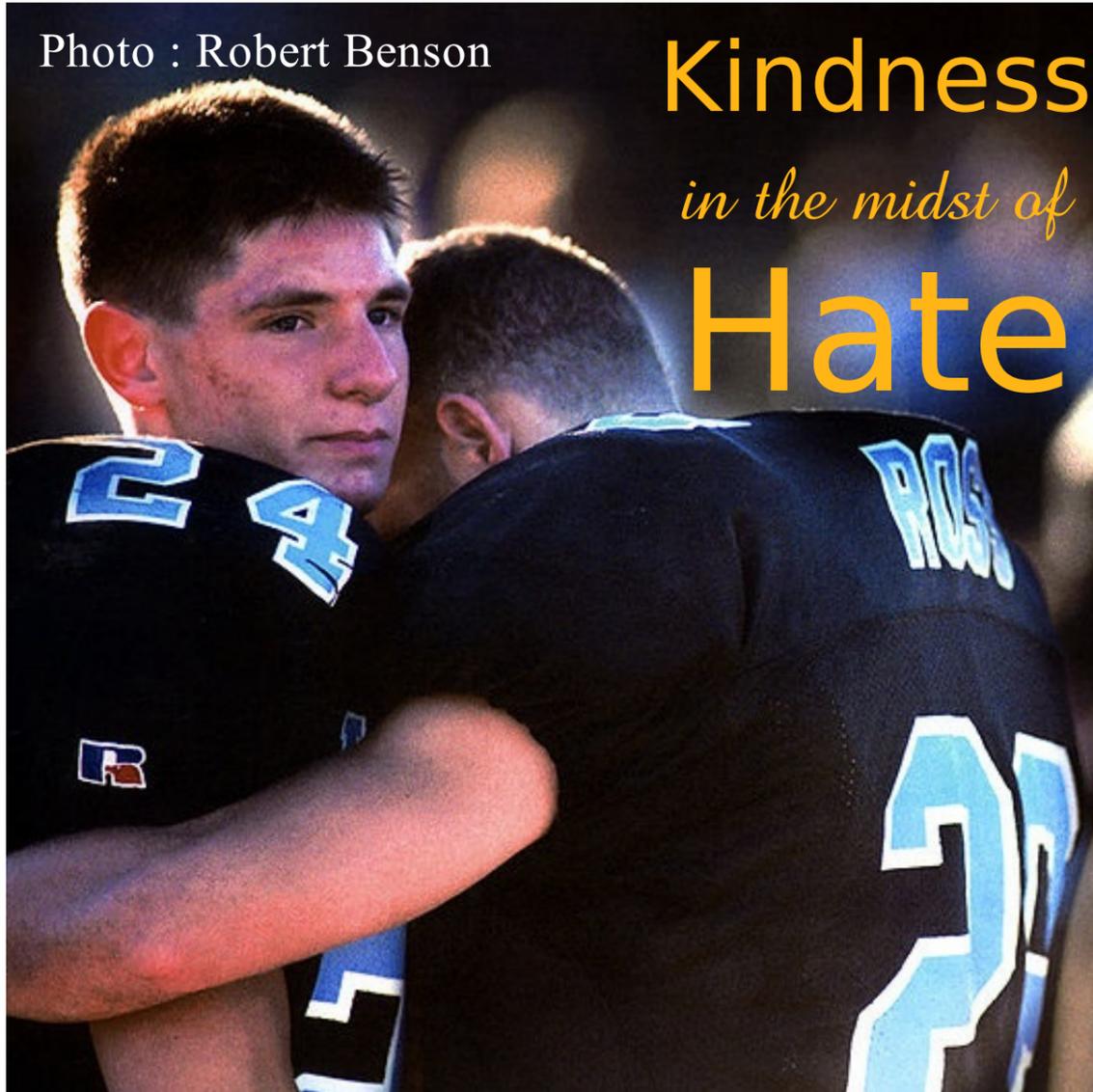
Society does not work without Trust.
But Trust is not earned easily.

We often have to judge whether to
trust people. There are great costs if we
do not trust people when we should;
and even more if we do where we
should not.

Kindness creates an atmosphere of
Trust, by helping to reduce scepticism.

Photo : Robert Benson

Kindness *in the midst of* Hate



Hatemongering is a powerful tool used by people to manipulate others to do their bidding.

Kindness involves direct contact between people, so we can see for ourselves the truth behind the lies spread by manipulators.

Those who suffer personally at the hands of hate find extra comfort from the people around them who show them kindness in their time of need.



Photo : Merideth Green

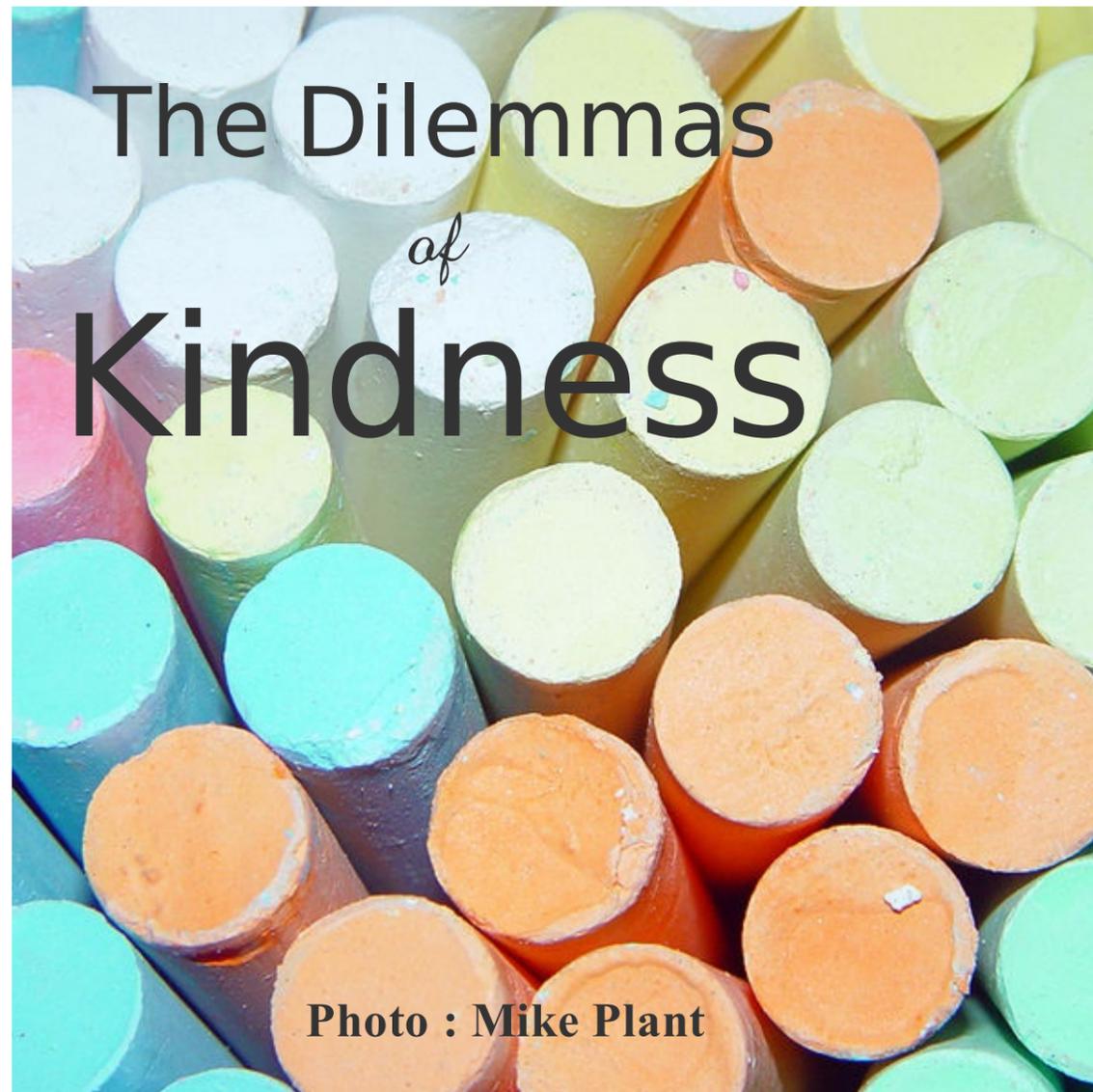
Kindness

in our

Relationships

Human relationships come in all shapes and sizes: parents and children, teachers and students, clubs, friends, lovers.

Kindness is a way we show caring and mutual respect; and it strengthens interpersonal trust. Relationships of all hues are greatly strengthened through acts of kindness.



Kindness presents us with a number of dilemmas. Do any of them change how we should behave towards others?

- Are we being kind if we do not end up helping someone, or it is not wanted, or if helping one person causes pain to another?
- How do we know what 'being kind' is in the eyes of the person we are trying to help?
- Does it matter if we are compelled to act in a certain way?
- Do we become any more or less kind if other cultures see different kindness in different ways?
- How should we act if we see kindness in one way, and society sees it differently?
- Are some people inherently 'unkind', or is kindness a choice of behaviour that we are all able to control over time?
- Is kindness absolute – how much of kindness a product of circumstance?