

STUDENT SENATE BILL 2024-1726

TITLE: Resolution for the Gator Good: Uniting UF through World Kindness Day

AUTHOR(S): Senator Anjani Sharma

SPONSOR(S): Majority Party Leader Maya Idiculla, Minority Party Leader Max Banach, Senator Ella Furman, Senator Lucas Nadeau, Senator Tristan Khajavi, Senator Austin Britton, Senator Dylan Cannella, Senator Jordan Antevy, Senator Sophia Kolcun, Senator Antonio Hendricks, Senator Katherine Zervoudakis, Senator Arshan Falasiri, Senator Jake Runyon, Senator Molly Murphy, Senator Raegyn Bazen, Senator Madelyn Karmelek, Senator Donal Bissainte, Senator Ammar Sakrani, Senator Priya Schramm, Senator Abigail Melamed, Senator Anusha Chaudhary, Senator Caroline Botts, Senator Kate Finrock

WHEREAS, World Kindness Day is an international observance held annually on November 13, introduced in 1998 by the World Kindness Movement, a coalition of kindness-focused NGOs from around the world [1]; and,

WHEREAS, World Kindness Day is celebrated globally in numerous countries including Canada, Australia, Nigeria, the United Arab Emirates, Singapore, Italy, India, and the United Kingdom, where the movement is led by advocates such as David Jamilly and Louise Burfitt-Dons [7]; and,

WHEREAS, the establishment of World Kindness Day on educational calendars, such as in New South Wales and across Australia, has encouraged the integration of kindness-based initiatives within schools, with official support from leaders like The Hon. Peter Garrett and Marie Bashir, Governor of New South Wales [3]; and,

WHEREAS, World Kindness Day encourages communities worldwide to engage in events promoting kindness, including activities like “The Big Hug,” the distribution of Kindness Cards, and the Global Flashmob, exemplifying the power of kindness to bring people together [4]; and,

WHEREAS, acts of kindness foster unity and inclusivity, transcending boundaries of race, religion, politics, gender, and nationality, thus underscoring kindness as a universal human value

and a bridge among diverse communities; and,

WHEREAS, studies indicate that kindness boosts well-being, self-esteem, empathy, compassion, and overall mood, reinforcing the need for initiatives that promote kindness in educational and community settings [5,6]; and,

WHEREAS, 2023 study by UCLA found that 56% of people who receive an act of kindness feel happy, and 51% feel grateful, highlighting the positive emotional impact of kindness [5]; and,

WHEREAS, 63% of adults in the UK report that being kind to others and receiving kindness improves their mental health, demonstrating kindness as a valuable contributor to emotional well-being and mental health resilience [6]; and,

WHEREAS, the University of Florida and its Student Government Senate has the fundamental obligation of promoting kindness within the campus community, celebrating kindness as essential to student well-being, inclusivity, and social connection; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate formally recognizes November 13, 2024, as World Kindness Day and encourages all students, faculty, and staff to participate in acts of kindness throughout the day and beyond; and,

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate supports educational and social initiatives on World Kindness Day, including community service, peer support, and other kindness-centered activities, to foster a campus culture of empathy, respect, and support; and,

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate calls upon university organizations and student groups to promote kindness through events, activities, and campaigns, spreading awareness about the positive impacts of kindness on mental health and community building; and,

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate will collaborate with mental health organizations on campus, such as the Counseling and Wellness Center, to offer resources that highlight the link between kindness and mental well-being, fostering a supportive and compassionate campus environment; and,

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate will recognize the importance of consistent, small acts of kindness and encourage students to incorporate kindness into their daily routines to build a more connected and

inclusive campus community.

Proviso: A copy of this resolution shall be sent to Vice President of Student Life Heather White and Interim Director of Community and Belonging Solange Douglas.

[1] <https://www.randomactsofkindness.org/world-kindness-day>

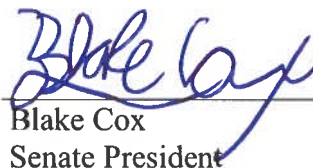
[2] <https://www.savethechildren.org/us/charity-stories/world-kindness-day>

[3] <https://inspirekindness.com/blog/world-kindness-day-your-complete-guide>

[4] <https://www.forbes.com/sites/tracybrower/2023/11/13/what-is-world-kindness-day-and-how-can-you-celebrate-at-work/>

[5] <https://newsroom.ucla.edu/releases/small-acts-of-kindness-frequent-and-universal>

[6] <https://www.mentalhealth.org.uk/explore-mental-health/kindness>


Blake Cox
Senate President

11/14/24
Date