

Heyo!! So this highkey looks like a lot of edits, but your writing is really improving, so I figured we could work on more specific aspects of writing. Here's what's up:

1. We should try to work on being more specific. In other words, sometimes you say "they" or "she" or "which," and those words can be vague and can confuse the reader. I made comments throughout the article, but make sure to always identify exactly who/what you're referring to in order to avoid confusion **Facts! I struggle on that part**
2. I think you used a lot of great quotes, which can be both good and bad: It's great that the quotes are great, because who doesn't like that? However, since the quotes are so strong, your transitions are a bit weak. I think you can elaborate a bit more in your transitions and make them more dense by pulling information from quotes that don't need to be stated directly in a quote. **I totally agree!!**
3. Also, I've been telling this to most of the reporters, but don't be afraid to shy away from the "quote, transition, repeat" format! If you want two, three, even four paragraphs of your own words/analysis before the next quote, go for it! Sometimes the strict format can be repetitive and boring. No need to work on this right now, but it's a good thing to consider in the future. **Sounds good, I'll try implementing them on the article I'm working on rn**

Anyways, I talk too much (lol sorry) but nice article! Let me know if you have any questions, but otherwise, just lmk when edits are done :))

"There's nothing wrong with loving who you are," sings Lady Gaga in her studio album, *Born This Way* (2011). Named after the album, [Born This Way Foundation](#) (BTWF) was created in 2012 by Lady Gaga and her mother, Cynthia Germanotta, to create a kinder and braver world.

BTWF is committed to supporting the mental health of young people between the ages 15-25 and working with them online and offline. Although the foundation's programs are built for a specific age range, it believes that everyone's emotions are valid regardless of age.

For the past eight years, the foundation has been building youth-focused programs and campaigns with other nonprofit organizations and young people in the communities that Lady Gaga tours, to connect the youth with resources and services; create safe spaces, promote the learning of life skills, and provide opportunities to improve their communities.

"The foundation has three goals," BTWF's executive director Maya Smith said. "Every day we go to work to do three things: first is to make kindness cool, second is to validate the emotions of young people around the world, and third is to eliminate the stigma around mental health."

The foundation believes that inspiring people to be kind is the key to building a more vibrant and productive world. To support young people online, the foundation created a digital platform, [Channel Kindness](#), where young people can share their experiences of kindness, bravery, and resilience within their communities.

BTWF's co-founder Lady Gaga, who has been interested in the empowerment of the youth, looks forward to inspiring the youth and establishing a standard for bravery and kindness through Channel Kindness.

"It's important for my daughter that young people's voices be heard and that they have an opportunity in their communities to implement kindness and bravery," Germanotta said. "Through Channel Kindness, we get to experience that and see how they've implemented it in their everyday lives."

The foundation believes that kinder communities can form once people are kind to themselves, a process that can be done in different ways.

"When you are kind to yourself, you're also kinder to others because you recognize that you have value, and you matter, and you deserve to be taken care of," Channel Kindness editor Aysha Mahmood said. "By taking care of your mental health, whether that being meditation, going outside, writing a journal, talking to friends, we encourage you to be kind to yourself in that respect."

At its core, the foundation encourages people to be kind to others within their communities to create a kinder climate.

"Our research shows that people who say that their communities and schools and workplaces are kind to have better mental health," Mahmood said.

Especially for Generation Z, who were born between the late 1990s and early 2010s, the foundation can remind them to show an act of kindness at their schools.

"When your school's kinder, people feel a lot more comfortable being there and feel a lot more accepted," Mahmood said. "You can be kind to your classmates [and] teachers by saying thank you, [to] your school by picking up litter that we see on the sidewalk, [and to] school cafeteria, classmates and friends by offering to sit next to somebody who's sitting alone."

To inspire more audiences, the foundation plans to publish a book on Sept. 22, 2020. The book contains a collection of 51 of the numerous stories from Channel Kindness over eight years.

"We're hoping that this book really does what we all want to do, which is spread kindness, hope, and love during this uncertain time," Mahmood said. "We know that inspiring stories and

amplifying these voices really make a difference in this world and bring us one step closer to creating a kinder and braver world.”

Caption: Pictured above is Lady Gaga and Born This Way Foundation Team at Teen Mental Health First Aid Youth Convening. Founded in 2012 by Lady Gaga and her mother, Cynthia Germanotta, BTWF has been working to create a kinder and braver world with the young generation by helping them to share their inspiring stories with the world.



Credit: Courtesy of Born This Way Foundation

Transcribe

Aysha Mahmood

- Editor of Channel Kindness

Maya Smith

- Executive director

“How were the short stories chosen for the book channel kindness?”

A: We were founded in 2012, so about eight years now.

Lady Gaga and her mom Cynthia Germanotta and Born This Way Foundation as a whole have heard from young people all over the world across these eight years. All these stories were chosen because they have been telling bravery, kindness, strength, resilience of the young generation that we love. We wanted to amplify their voices. This book highlights just a few of the many beautiful stories that we all have heard over the years. This is just 51 of the incredible stories we have a bunch of other stories on chan kind which is where the stories originally came from. We are excited to share them with the world on Sept. 22, which is when we finally release it. We're hoping that this book really does what we all want to do, which is spread kindness, hope, and love during this uncertain time. We know that inspiring stories and amplifying these voices really makes a difference in this world and brings us one step closer to creating a kinder and braver world.

M: in each of the communities that she tours, BTWF gets to go and do work with incredible nonprofit organizations and young people in the communities.

S: The Channel Kindness platform gives us the sense of what we need and what we are looking for in the foundation. It's important for my daughter that young people's voices be heard and that they have an opportunity in their own communities to implement kindness and bravery. Through Channel Kindness, we get to experience that and actually see how they've implemented it in their everyday lives.

What kind of kindness and positivity do highschoolers need to experience more of?

A: Be kind to yourself. I think taking care of your health has shown to create a kinder community. Our research shows that people who say that their communities and schools and workplaces are kind, have better mental health. When you are kind to yourself, you're also kinder to others because you recognize that you have value and you matter and you deserve to be taken care of. By taking care of your mental health, whether that being meditation, going outside, writing a journal, talking to friends, we encourage you to be kind to yourself in that respect. Going on a broader perspective, you can be also kind to others in many different ways. You can be kind to your classmates, teachers by saying thankyou, your school by picking up litter that we see on the sidewalk, school cafeteria, classmates and friends by offering to sit next to somebody who's sitting alone. I think by simple ways, we can create a kinder climate.

When your school's kinder, people feel a lot more comfortable being there and feel a lot more accepted.

M: the foundation has three goals. Everyday we go to work to do three things: first is to make kindness cool, second is to validate the emotions of young people around the world, and third is to eliminate the stigma around mental health.