

## Steps for Kindness 2020 Frequently Asked Questions – April 17, 2020

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### **What is Steps for Kindness?**

Steps for Kindness is a nationwide event challenging our community to walk 5,400 steps in support of the 1 in 54 U.S. kids with autism, celebrate World Autism Month and come together as a community. We'll kick it off with a Facebook Live opening ceremony at 1 p.m. EDT and start our steps together at 1:20 p.m.

Take 5,400 steps (alone or as a team) to help increase understanding and acceptance of the 1 in 54 U.S. children with autism.

For those who can't safely take physical steps, there are still many ways to participate in the event and celebrate alongside the community! Take a figurative step for kindness – like participating the social #KindnessCounts challenge, displaying a message of kindness in your window or yard, or getting creative in contributing to a kinder world.

Every participant in the event will contribute to our commitment to achieve 1 million acts of kindness in 2020.

### **When is Steps for Kindness?**

Saturday, April 25: 1 p.m. EDT Facebook Live Opening Ceremony and 1:20 p.m. send off for steps.

### **How can we participate given the current “social distancing” mandate?**

To join us: wear blue, tell your community you're stepping for kindness, chalk your sidewalk, post signs in your windows or yard, and share pictures of you and your family getting in on the fun! Whether around your backyard, up and down your stairs, around your neighborhood (maintaining safe social distancing!), or in place in your home, we can't wait to see the power of our community – all dressed in blue! – coming together to walk as one. If you can't participate by physically walking, take a figurative step – like participating the [social #KindnessCounts challenge](#), displaying a message of kindness in your window or yard, or getting creative in contributing to a kinder world.

### **Where is Steps for Kindness happening?**

The event starts with opening ceremonies at 1 p.m. EDT via Facebook Live, and then we'll all take 5,400 steps for kindness together – wherever and however it safely works for you.

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### **Who can participate?**

Everyone is encouraged to participate! Our autism community and all who care about understanding, acceptance and inclusion. We want to be together in a big way!

### **What is happening during Steps for Kindness?**

On Saturday, April 25, at 1 p.m. EDT, we'll come together and take [Steps for Kindness](#) – 5,400 steps in support of the 1 in 54 U.S. kids with autism, wherever you are and however you can. We'll kick it all off with an interactive program on [Facebook Live](#) and sendoff to start stepping.

Whether around your backyard, up and down your stairs, around your neighborhood (maintaining safe social distancing!), or in place in your home, we can't wait to see the power of our community – all dressed in blue! – coming together to walk as one.

### **What if I can't take 5,400 steps?**

No problem – every step counts even if you don't reach 5,400! You can also make it a goal for your collective family, whether physically together or apart.

### **How can I participate if I can't take physical steps?**

For those who can't safely take physical steps, there are still many ways to participate in the event and celebrate alongside the community! Take a figurative step for kindness – like participating the [social #KindnessCounts challenge](#), displaying a message of kindness in your window or yard, or getting creative in contributing to a kinder world.

### **Do I need to fundraise to participate in Steps for Kindness?**

Fundraising is not required to participate in Steps for Kindness. If you are looking to make even more of an impact you can log your steps through the Charity Miles iPhone/Android app where you can earn money for Autism Speaks. Autism Speaks Walk participants can use this event to energize your network and raise funds for your local Walk event.

**How do I log my steps into Charity Miles?**

Download the Charity Miles app on an iPhone or Android at [Charitymiles.org](https://www.charitymiles.org), create an account, find “Autism Speaks Steps for Kindness” and start walking. Every step will earn money for Autism Speaks.

**Why are you hosting an event during these uncertain times of COVID-19?**

Steps for Kindness is a celebration of our community’s commitment to a kinder, more inclusive world, and an opportunity for us all to be together even during these challenging times. Because now more than ever, the autism community needs support, kindness and closeness.

Times are tough for everyone but can be particularly hard for people with autism and parents of children on the spectrum. Parents are serving as teacher, aide, behavioral therapist, occupational therapist, speech therapist and many other roles crucial for their child’s progress and development. People on the spectrum who live in group homes or full-time care facilities may be separated from their families, and adults living independently are coping with changes to their work environments and typical support systems. To help ease those feelings of isolation, let’s be together as a community and take steps for kindness wherever we are.

**Does Steps for Kindness replace the 2020 Autism Speaks Walk?**

Steps for Kindness is not a replacement for the Autism Speaks Walk, but a bonus event to for the greater Autism Speaks community across the nation to come together as one. Because community doesn’t require closeness, and togetherness can come in all shapes and sizes.