

GOSSIP HURTS MORE THAN YOU THINK

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Gossip is talking about someone when they are not there.

It can hurt feelings, damage friendships, and make others feel sad, left out, or unsafe.

It can also make people stop trusting you.



BEFORE YOU SPEAK, ASK YOURSELF:



- IS IT **TRUE?**
- IS IT **KIND?**
- IS IT **NECESSARY?**

If not,
**DO NOT
SAY IT**



INSTEAD:

- Say something **NICE**
- Support your **FRIENDS**
- Speak **UP** for others
- Keep it **RESPECTFUL**



BE KIND WITH YOUR WORDS

You never know who you might be hurting.

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