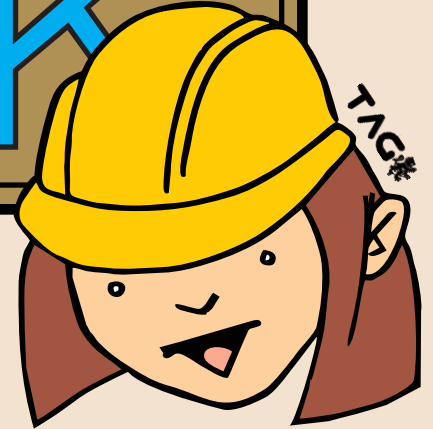
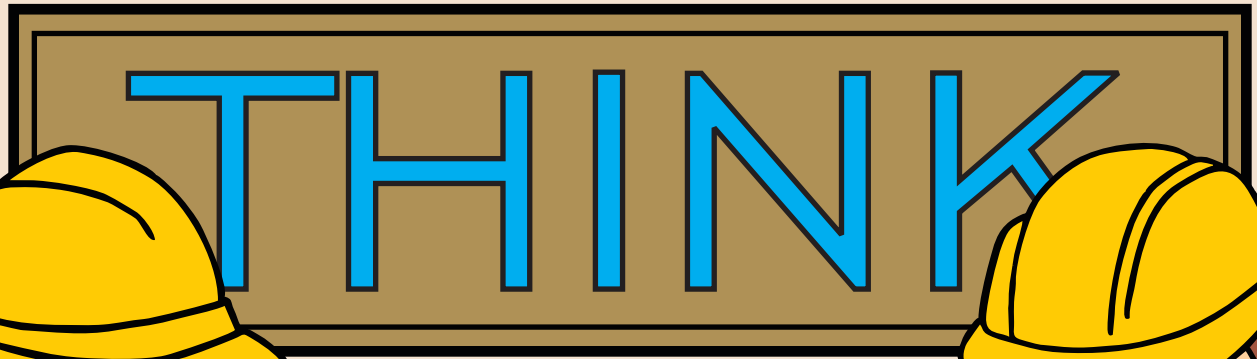


Constructive Behaviour



Is it **T**HOUGHTFUL?

Is it **H**ELPFUL?

Is it **I**NSPIRING?

Is it **N**CESSARY?

Is it **K**IND?

BEFORE YOU SPEAK,
WRITE OR TEXT!