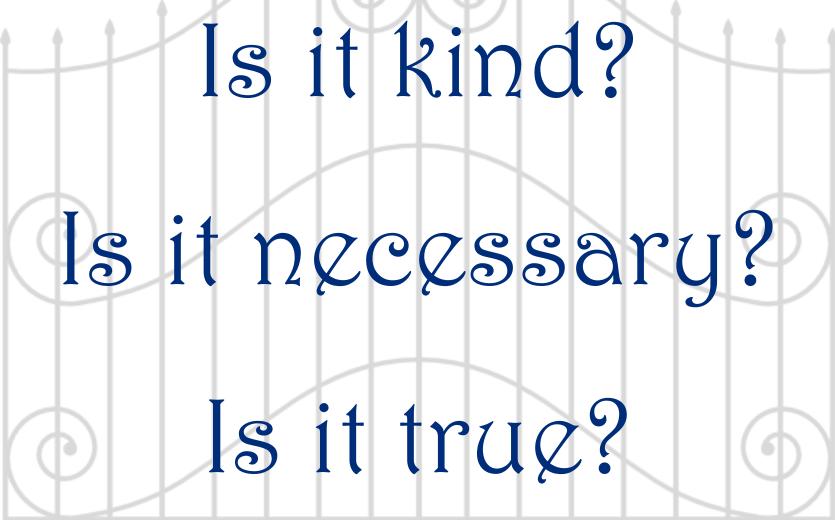
## Gates of Kindness

Before you speak or write something down, run your thought through your "gate". If you can answer "Yes" to all these questions, the gates will open and it's safe to express your idea!



Remember, words emailed or written need to be thought out, too! Once you've written it down, you can't take it back!