Gossip spreads faster than the flue, and it can make people just as miserable. So before you say something mean about someone else, or repeat something you've heard, always ask yourself the following questions:

- 1. Is it kind?
- 2. Do I know for certain that it's true?
- 3. Is it necessary?
- 4. Is it fair to the other child?
- 5. Will it improve the world?

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