Before you speak;

THINK

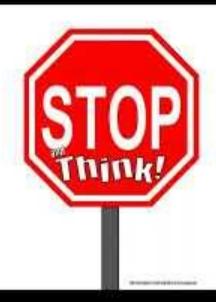
T= Is it True?

II = Is it Helpful?

I= Is it Inspiring?

N = Is it Necessary?

K= Is it Kind?







Headstrong

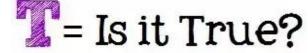
Week 14

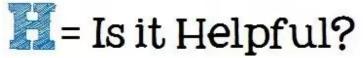




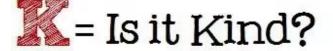
Before you speak:











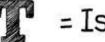




Before you...







= Is it True?



= Is it Helpful?



= Is it Inspiring?



= Is it Necessary?



= Is it Kind?

HEALTHY SCHOOLS CHALLENGE

As a form, think about occasions where you know the THINK approach might not have been applied either in conversations or online.

How could you do things differently next time?

Make sure you take responsibility for establishing whether things need to be said and whether they need to be posted.

"What do you want to be when you grow up?"