



Put-downs and Gossip

Reflect on how put-downs affect you and others. Think about possible solutions to these two problems.

Put-downs	Gossip
How do put-downs break the commandments?	How does gossip break the commandments?
How can put-downs hurt someone's self-image?	How can gossip hurt someone's self-image?
In what way do you struggle with put-downs?	In what way do you struggle with gossip?
In what ways can you do better when it comes to put-downs?	In what ways can you do better when it comes to gossip?
How does Social Media contribute to these problems?	



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How can these issues be resolved?