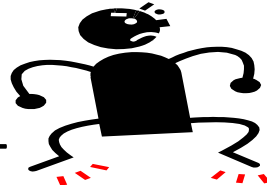


THE ANGER RULES

It's OK to feel angry BUT



- Don't hurt others
- Don't hurt yourself
- Don't hurt property

~ DO talk about it

Anger is a feeling and feelings are OK

Anger is OK

Abuse and violence are NOT OK

