

The image features a dark orange silhouette of a man and a woman in profile, facing each other as if in conversation. The man is on the left, and the woman is on the right. The background is a lighter shade of orange. Text is overlaid on the image: 'DON'T KEEP IT IN YOUR HEAD' is written in white, bold, sans-serif capital letters across the man's head. 'TALKING IS BETTER' is written in dark orange, bold, sans-serif capital letters, following the curve of the woman's head and neck. In the bottom left corner, the 'eQuality' logo is in white, with 'Healthy Relationships' written below it in a smaller white font.

**DON'T
KEEP IT
IN YOUR
HEAD**

TALKING IS BETTER

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