

B	I	N	G	O
tell an adult	be a role model for others	dont participate	spread kindness!	parental involvement
do not ignore the bully	take action	provide comfort and support	be respectful	see something say something
support and include the victim	think before you act	FREE	communicate and listen to someone who has been bullied	get appropriate help
help kids understand bullying	stay at a safe distance	hold bystanders accountable	fight back	pay attention to the warning signs
educate	do not encourage harmful behavior	reach out in friendship	think carefully about your actions	dont encourage the bully

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