

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

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dont encourage the bully	think carefully about your actions	parental involvement	do not encourage harmful behavior	see something say something
help kids understand bullying	be respectful	FREE	get appropriate help	Use a strong voice against a bully
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hold bystanders accountable	pay attention to the warning signs	support and include the victim	take action	dont participate

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think before you act	see something say something	spread kindness!	think carefully about your actions	dont encourage the bully
get appropriate help	Use a strong voice against a bully	provide comfort and support	do not fight back	dont participate