

B	I	N	G	O
Stand Up	Advocate	Emotional	Problem Solving	Knowing Your Rights
Determined	Speak Up	Knowing Yourself	Boundaries	Plan
Self-Aware	Support	FREE	Choice	Help
Improvement	Respect	Independent	Express	Knowing Your Worth
Exercise	Communication	Listening	Views	Educate

B	I	N	G	O
Support	Boundaries	Problem Solving	Determined	Knowing Yourself
Emotional	Views	Knowing Your Rights	Communication	Plan
Improvement	Choice	FREE	Help	Advocate
Express	Listening	Stand Up	Educate	Respect
Independent	Knowing Your Worth	Self-Aware	Speak Up	Exercise

B	I	N	G	O
Communication	Listening	Boundaries	Knowing Your Worth	Choice
Stand Up	Improvement	Independent	Speak Up	Knowing Your Rights
Self-Aware	Educate	FREE	Respect	Express
Support	Plan	Problem Solving	Views	Emotional
Help	Advocate	Knowing Yourself	Determined	Exercise