

B	I	N	G	O
Understand the situation	Ask for someone else to help	Are you being fair?	Don't make things worse!	Stick to the agreement
No telling of secrets	Don't bring up the past	Try seeing the good in people	Say how you feel	Treat people fairly
Be honest	Never jump to conclusions	FREE	Don't blame anyone	No insults
Talking can lead to a solution	No screaming or getting physical	Separate yourself from the situation	Thank the person for listening	Focus on the issue; not your position on the issue
Focus on areas of common agreement	Perhaps share progress with someone else	Do not interrupt	Remember who can help you in school	Be assertive; not aggressive

B	I	N	G	O
Treat people fairly	Do not interrupt	Take time to calm down	Never jump to conclusions	Be honest
No insults	Try seeing the good in people	Ask for someone else to help	Understand the situation	Say how you feel
Stick to the agreement	Perhaps share progress with someone else	FREE	Be assertive; not aggressive	Remember who can help you in school
Don't bring up the past	Don't make things worse!	See the other persons point of view	Work out what each of you will do	Talking can lead to a solution
Don't blame anyone	Separate yourself from the situation	Are you being fair?	No telling of secrets	Try to think of a solution together

B	I	N	G	O
Do not interrupt	Work together	Work out what each of you will do	Don't bring up the past	Be assertive; not aggressive
Take time to calm down	Say how you feel	Don't interrupt	Ask for someone else to help	Understand the situation
No telling of secrets	Don't blame anyone	FREE	Stick to the agreement	No insults
Don't make things worse!	Remember who can help you in school	Never jump to conclusions	Focus on areas of common agreement	Separate yourself from the situation
Try to think of a solution together	Don't gang up with others	Talking can lead to a solution	No screaming or getting physical	Are you being fair?