

B	I	N	G	O
try not to react	allow everyone to join	be kind	stay near friends or an adult	never join in bullying behavior
be calm	talk to someone you trust	report the person who is bullying	ask for help from an adult	stay away from the person who is bullying you
stop and think before you speak	use a comeback line	FREE	be an upstander	ignore a person who bullies
include everyone	stop and think before you post online	laugh it off	calm down	no teasing
befriend a person who has been bullied	be assertive	say Stop!	walk away	be friendly

B	I	N	G	O
use a comeback line	ask for help from an adult	stay near friends or an adult	be calm	report the person who is bullying
be kind	walk away	never join in bullying behavior	be assertive	stay away from the person who is bullying you
include everyone	be an upstander	FREE	ignore a person who bullies	allow everyone to join
calm down	say Stop!	try not to react	be friendly	stop and think before you post online
laugh it off	no teasing	stop and think before you speak	talk to someone you trust	befriend a person who has been bullied

B	I	N	G	O
be assertive	say Stop!	ask for help from an adult	no teasing	be an upstander
try not to react	include everyone	laugh it off	talk to someone you trust	never join in bullying behavior
stop and think before you speak	be friendly	FREE	stop and think before you post online	calm down
use a comeback line	stay away from the person who is bullying you	stay near friends or an adult	walk away	be kind
ignore a person who bullies	allow everyone to join	report the person who is bullying	be calm	befriend a person who has been bullied