

|                                     |                               |                                     |                                   |                                          |
|-------------------------------------|-------------------------------|-------------------------------------|-----------------------------------|------------------------------------------|
| <b>B</b>                            | <b>I</b>                      | <b>N</b>                            | <b>G</b>                          | <b>O</b>                                 |
| Use active listening                | Ask for someone else to help  | No insults                          | Treat people fairly               | Say how you feel                         |
| Don't interrupt                     | Understand the situation      | Stick to the agreement              | Be honest                         | Talking can lead to a solution           |
| Try to think of a solution together | Work Together                 | <b>FREE</b>                         | Don't blame anyone                | Perhaps share progress with someone else |
| Put yourself in their shoes         | Try seeing the good in people | Remember who can help you in school | No telling of secrets             | See the other persons point of view      |
| No screaming or kicking or fighting | Don't gang up with others     | Take time to calm down              | Work out what each of you will do | Listen to the other person               |

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| <b>B</b>                            | <b>I</b>                            | <b>N</b>                            | <b>G</b>                                 | <b>O</b>                            |
| Work Together                       | Be honest                           | Treat people fairly                 | Don't interrupt                          | Stick to the agreement              |
| No insults                          | Work out what each of you will do   | Say how you feel                    | Don't gang up with others                | Talking can lead to a solution      |
| Put yourself in their shoes         | Don't blame anyone                  | <b>FREE</b>                         | Perhaps share progress with someone else | Ask for someone else to help        |
| No telling of secrets               | Take time to calm down              | Use active listening                | Listen to the other person               | Try seeing the good in people       |
| Remember who can help you in school | See the other persons point of view | Try to think of a solution together | Understand the situation                 | No screaming or kicking or fighting |

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| Don't gang up with others                | Take time to calm down         | Be honest                           | See the other persons point of view | Don't blame anyone                  |
| Use active listening                     | Put yourself in their shoes    | Remember who can help you in school | Understand the situation            | Say how you feel                    |
| Try to think of a solution together      | Listen to the other person     | <b>FREE</b>                         | Try seeing the good in people       | No telling of secrets               |
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