

B	I	N	G	O
tell the bully to stop	ask for help	don't encourage the bully	speak up	parental involvement
don't be a bystander	tell an adult	provide comfort and support	be a friend to the victim	see something say something
spread kindness	treat others how you want to be treated	FREE	be a role model to others	go to a safe spot
listen to someone who has been bullied	speak up for those who are bullied	make sure to include everyone	don't participate in bullying	provide comfort
don't make fun of the bully	be respectful of everyone	reach out in friendship	walk away	don't encourage harmful behaviour

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treat others how you want to be treated	be a friend to the victim	spea k up	don't be a bystander	provide comfort and support
don't encourage the bully	walk away	parental involvement	be respectful of everyone	see something say something
listen to someone who has been bullied	be a role model to others	FREE	go to a safe spot	ask for help
don't participate in bullying	reach out in friendship	tell the bully to stop	don't encourage harmful behaviour	spea k up for those who are bullied
make sure to include everyone	provide comfort	spread kindness	tell an adult	don't make fun of the bully

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be respectful of everyone	reach out in friendship	be a friend to the victim	provide comfort	be a role model to others
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spread kindness	don't encourage harmful behaviour	FREE	speak up for those who are bullied	don't participate in bullying
treat others how you want to be treated	see something say something	speak up	walk away	don't encourage the bully
go to a safe spot	ask for help	provide comfort and support	don't be a bystander	don't make fun of the bully