

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

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

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help someone in need	ask for help	parental involvement	don't encourage harmful behaviour	don't participate in bullying