

B	I	N	G	O
tell someone	be a role model for others	do not ignore the bully	spread kindness!	hold bystanders accountable
do not encourage harmful behavior	take action	provide comfort and support	be kind	see something say something
support and include the victim	think before you act	FREE	be respectful	educate
get appropriate help	stay at a safe distance	help others understand bullying	dont participate	pay attention to the warning signs
dont encourage the bully	communicate and listen to others	reach out in friendship	think carefully about your actions	do not engage the bully

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get appropriate help	be respectful	FREE	educate	be a role model for others
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think before you act	see something say something	spread kindness!	think carefully about your actions	do not ignore the bully
educate	be a role model for others	provide comfort and support	do not encourage harmful behavior	dont encourage the bully