



# It's On Us DVAM Bingo

## Bingo Instructions

### Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

### Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

### Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

### This is an alphabetical list of all 35 events:

Partner Violence, Sense of SELF, Title IX, avoidance, code words, coping skills, counseling, court order, domestic violence, emotional abuse, emotions, flashbacks, flight- fight- freeze, future, group therapy, harassment, identity, loss, neglect, overwhelmed, physical abuse, physical safety, preparing for change, psychological safety, relaxations, safety, safety planning, sanctuary, self respect, sexual abuse, shelter, stalking, triggers, verbal abuse, violence.



# It's On Us DVAM Bingo Bingo Call Sheet

This is a randomized list of all 35 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



relaxations	code words	loss	Partner Violence	flashbacks
counseling	neglect	stalking	violence	sanctuary
safety planning	overwhelmed	psychological safety	physical safety	coping skills
self respect	triggers	preparing for change	Sense of SELF	safety
Title IX	court order	physical abuse	future	shelter
identity	flight- fight- freeze	emotional abuse	verbal abuse	avoidance



# It's On Us DVAM Bingo Bingo Call Sheet

This continues the randomized list of all 35 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



harassment	domestic violence	emotions	group therapy	sexual abuse
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<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
preparing for change	Title IX	flashbacks	overwhelmed	emotions
coping skills	Partner Violence	self respect	physical abuse	code words
Sense of SELF	stalking	SAFE SPACE	sexual abuse	physical safety
relaxations	verbal abuse	emotional abuse	group therapy	sanctuary
harassment	flight- fight- freeze	neglect	avoidance	safety planning

This bingo card was created randomly from a total of 35 events.

Partner Violence, Sense of SELF, Title IX, avoidance, code words, coping skills, counseling, court order, domestic violence, emotional abuse, emotions, flashbacks, flight- fight- freeze, future, group therapy, harassment, identity, loss, neglect, overwhelmed, physical abuse, physical safety, preparing for change, psychological safety, relaxations, safety, safety planning, sanctuary, self respect, sexual abuse, shelter, stalking, triggers, verbal abuse, violence.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Partner Violence	shelter	coping skills	identity	neglect
counseling	physical safety	triggers	code words	relaxations
verbal abuse	self respect	SAFE SPACE	overwhelmed	avoidance
Title IX	future	stalking	group therapy	Sense of SELF
violence	safety	flight- fight- freeze	harassment	safety planning

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