WARNING SIGNS OF BULLYING

- Torn, damaged, or missing pieces of clothing, books, or other belongings
- Unexplained cuts, bruises, and scratches
- Few friends, or a sudden decrease in friends
- Fearful of going to school, walking to and from school, riding the school bus, going out for recess, participating in activities with peers
- Makes up excuses for not going to school
- Sudden negative change in school performance
- Lack of interest in school
- Sadness, moodiness, or depression
- Headaches, stomach-aches, or other ailments with no physical cause
- Nightmares, trouble sleeping
- Loss of appetite
- Low self-esteem

WHAT TO DO IF YOU SUSPECT A CHILD IS BEING BULLIED

DON’T IGNORE THE SIGNS
BULLYING RARELY GOES AWAY WITHOUT INTERVENTION
• TALK TO THE CHILD WITHOUT PUTTING THEM ON THE DEFENSIVE.
• ASK INDIRECT QUESTIONS TO START THE CONVERSATION.
• TALK TO OTHER ADULTS AND PEERS IN THE CHILD’S LIFE.

TAKE ACTION!