Is my child being bullied? What are the warning signs?

- Feels sick when they get up, or have a headache, or stomachache, and therefore does not want to go to school.
- Has unexplained cuts and bruises.
- Has lost interest in studying and school grades have recently fallen.
- Has lost their appetite.
- Has developed low self-esteem when previously this was not a problem.
- Personal belongings have been damaged, broken, or been stolen.
- Arrives home from school with torn clothes.
- Blames themselves for their problems.
- Appears sad, moody, angry, anxious or depressed when they come home.
- Is very hungry after school from not eating their lunch.
- Feels helpless.
- Is not sleeping well and/or having bad dreams.
- Has fewer friends than before, or has no friends.

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