

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

Is not sleeping well and/or having bad

Has fewer friends than before, or has no friends

Feels helpless.

Feels sick when they get up, or have a headache, or stomachache, and therefore does not want to go to school.

Is very hungry after school from not eating their lunch.

Appears sad, moody, angry, anxious or depressed when they come home.

Has unexplained cuts and bruises.

Blames themselves for their problems.

Has lost interest in studying and school grades have recently fallen.

Arrives home from school with torn clothes.

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.

