

Warning Signs of Bullying

FAMILY MEMBERS READ THIS Your son or daughter is learning about the problem of bullying. Support from trusted adults is critical as students deal with an issue that can have serious and lasting effects on their life. Young people may be reluctant to talk with parents or caregivers about bullying so it's important to know the warning signs.



There are many warning signs that may indicate that someone is affected by bullying – either being bullied or bullying others. Every child is different and can have an “off” day, so look instead for a pattern of behavior that is not typical for your child. It is important to talk with your child to identify the cause of the problem. If your child is in immediate risk get help right away.

Signs a Child is Being Bullied

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Withdrawn, evasive, sad, moody, angry, or anxious
- Marked change in behavior
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide
- Begins bullying younger siblings or younger children

Signs a Child is Bullying Others

- Gets into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems/don't accept responsibility for their actions