Warning Signs of Bullying

Some warning signs of children being bullied include:

➔ Unexplainable Injuries
➔ Lost or destroyed clothing, books, electronics, or jewelry
➔ Frequent headaches or stomach aches, feeling sick, or faking illness
➔ Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
➔ Difficulty sleeping or frequent nightmares
➔ 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

Some warning signs of children who are bullying others include:

➔ Getting into physical or verbal fights
➔ Having friends who are bullying others
➔ Becoming increasingly aggressive
➔ Being sent to the principal’s office or detention frequently
➔ Having unexplained new possessions or money
➔ Blaming others for their problems
➔ Not accepting responsibility for their actions
➔ Being competitive and worrying about their reputation or popularity

If these warning signs apply to someone you know, seek help!

These warning signs have been adapted from StopBullying.gov, a federal government website by the U.S. Department of Health and Human Services.

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