

Bullying

Save A Child's Life By Knowing The Frequently Missed Signs

It is so important to know the warning signs of bullying, because kids won't tell you they are being bullied. Although these signs could signal other issues, you should talk to your child if they display any changes behaviorally, emotionally or you notice a change at school or home. If your child is at immediate risk of harming themselves or others seek help right away.

HOME

- Trouble getting out of bed
- Not wanting to go to school
- Change their route or method to school
- Arrives home hungry
- Targets siblings
- Ask for extra pocket money or food
- Loss of interest in things they once enjoyed

SCHOOL

- Starts getting into fights
- Has unexplainable bruises, cuts, scratches or broken bones
- Lost/destroyed clothing, books, electronics, etc.
- Declining grades
- Change in their ability or willingness to speak and participate in class
- Frequent target for teasing
- Makes excuses for why they can't go to school

CYBER

- Unwilling to discuss, or secrecy about their online communication and social media
- Being visibly upset after using the computer or phone
- Avoiding using the phone or computer
- Closes screen or hides the phone when others enter the room
- Appears jumpy when using the computer or phone
- Spends excessive amounts of time on the computer or phone

EMOTIONAL AND BEHAVIOURAL

- Changes in sleeping patterns
- Frequent nightmares
- Changes in eating patterns
- Frequent tears or anger
- Mood swings
- Feels ill in the morning
- Becomes withdrawn
- Becomes aggressive and unreasonable
- Refuses to talk about what is wrong
- Stomach aches or unexplainable pain
- Frequent headaches
- Feeling hopeless or decreased self-esteem
- Hurts self, attempts or threatens suicide

SOCIAL SITUATIONS AND CHURCH

- Loss of friends
- Avoiding social situations
- Lack of participation in youth group activities
- Avoids going to church
- Excluded from groups
- Has few, if any friends, with whom he /she spends time with
- Changes friend groups often

When talking with your child, don't just ask if they are being bullied. Be subtle with your questions.

Here are some examples:

- You seem to be feeling sick a lot and want to stay home. Please tell me about that.
- Who did you sit by at lunch?
- Do you have any special friends at school/church this year? Who are they?
- I've heard a lot about bullying in the news. Is that going on at your school?
- I'm worried about you. Are there any kids at school who may be picking on you or bullying you?
- Are there any kids at school who tease you in a mean way?
- Are there any kids at school who leave you out or exclude you on purpose?

When you have the conversation with you child please remember to not judge them, listen, and validate their feelings. Do not try to change how they are feeling. Assure them that you love them that this is not their fault and you will help them. Let them know they can talk to you about anything.

If you would like to schedule a free Put An End To The Bullying Session with me, please schedule at [Calendly.com/freedomfrombullying](https://calendly.com/freedomfrombullying).

Email: kd@freedomfrombullying.com

Website: freedomfrombullying.com