



Warning Signs of Bullying

The following are possible signs a child is the target of bullying. If your child experiences one or many of these, speak to your child about the cause of these behaviours.

- * **Coming home with damaged, ripped, or missing clothing, books or other belongings**
- * **Has unexplained injuries, cuts, scrapes, bruises**
- * **Has very few if any friends**
- * **Takes a long way home; a route that is out of the way to and from school**
- * **Suddenly loses interest in school, or begins to receive failing grades**
- * **When he/she comes home they seem sad or depressed**
- * **Complains of headaches, stomach aches, other feelings of being unwell**
- * **Has frequent nightmares, trouble sleeping**
- * **Loss of appetite**
- * **Suffers from low self esteem, and seems anxious**
- * **Seems afraid of going to school, riding the bus, walking to school, participating in clubs, sports or extra curricular activities**
- * **Bedwetting**
- * **Mood swings (irritability)**
- * **Unexpected changes in routine**

Children with disabilities may be at a higher risk of being bullied than other children.

References

www.stopbullyingnow.hrsa.gov

www.canadiancrc.com/bullying.htm