



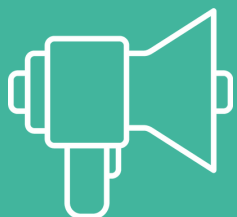
10 SIGNS AND SYMPTOMS THAT YOUR CHILD MAY BE BEING BULLIED_

Below are some examples of key things to look out for, but do bear in mind that not all of these will indicate bullying is happening.

- 1 Changes in expected behaviour or extreme reactions
- 2 Complains frequently of headaches, stomach-aches or other physical ailments
- 3 Unexplained physical marks, cuts, bruises and scrapes
- 4 Clothes, toys, books, electronic items are damaged or missing or child reports mysteriously “losing” possessions
- 5 Doesn’t want to go to school or do other activities with peers
- 6 Sudden and significant drop in grades
- 7 Begins bullying siblings or other peers
- 8 Has trouble sleeping and suffers from frequent nightmares
- 9 Appears anxious and suffers from low self-esteem
- 10 Finds or makes up excuses as to why they can’t go to school

How to approach the subject with your child

Open up the conversation by asking as question like:



“Are there any kids at school who you really don’t like?”

Why don’t you like them? Do they ever pick on you or leave you out of things?”

“I’m worried about you. Are there any kids at school who may be picking on you or bullying you?”

Get further support

You can further advice and information including activities to do with your child on the subject of bullying by purchasing our recently launched Parent and Guardian Guide www.store.diana-award.org.uk

