



Signs of bullying

No one should have to put up with bullying. It can make people feel unsafe at school and miserable when they get home.

The following will equip you with the skills to spot different signs of bullying and some of the symptoms that could come from this.

Emotional and behavioural signs of bullying

Changes in sleep patterns

Changes in eating patterns

Frequent tears or anger

Mood swings

Feels ill in the morning

Becomes withdrawn or starts stammering

Becomes aggressive and unreasonable

Refuses to talk about what is wrong

Begins to target siblings

Has unexplained bruises, cuts, scratches

Comes home with missing or damaged belongings or clothes

Comes home hungry

Doesn't want to go to school

Changes their route to school or are frightened of walking to school

Doesn't want to go to school on the bus/tram/train

School grades begin to fall

Continually 'loses' money or starts stealing

Other signs of bullying

Sometimes signs of bullying can be far more hidden. They can include:

- often alone or excluded from friendship groups at school
- a frequent target for teasing, mimicking or ridicule at school
- unable to speak up in class and appears insecure or frightened.