

Warning signs that teens are being bullied

1. Friendship concerns:

- Seeming lonely or withdrawn.
- Complaining of being teased, ignored, threatened or left out.
- Avoiding group activities like parties or sport.

2. School concerns

- Refusing to go to school or asking to come home early.
- Getting upset at the end of holidays or weekends.
- Struggling in class.
- Changing how they get to school, eg. walking a different route.
- Saying negative things like "I hate school", "I don't expect to do well", or "teachers don't care about me".

3. Health concerns

- Sleeping problems.
- Complaining of headaches, stomachaches, back pain, dizziness or toileting problems.
- Signs of disordered eating, such as eating in secret or vomiting on purpose.
- Physical injuries.

4. Mood concerns

- Seeming depressed, anxious, irritable, angry, upset or distracted.
- Losing interest in things they used to enjoy.
- Low self-esteem.
- Suicidal remarks or suicidal behaviours.

5. Online concerns

- Keeping secrets about what's happening online.
- Getting upset or anxious when using their tech devices.
- Using their devices late at night or more than usual.
- Suddenly not using their devices any longer.

6. Behavioural concerns

- Missing or damaged clothing or belongings.
- Stealing or asking for extra money.
- Getting in fights or carrying a weapon.
- Using alcohol or other drugs.

Remember

- Some bullied teens don't show any signs. We must keep talking to all our teens about what's happening at school and online.
- Some bullied teens become aggressive or bully others. This is upsetting, but it's important to take action to keep everyone safe. Stay safe. If anyone is in immediate danger, call triple zero (000).
- Some teens who show warning signs are not being bullied but have other problems.



Talk to someone who will support you, such as a parent, GP or mentor. You can speak to a mental health professional for free on the Dolly's Dream support line – 0488 881 033. For a full list of support services [click here](#)