

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- Seeming lonely or withdrawn.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](#)



Get Help!