

# Warning signs that teens are bullying others

## 1. Friendship concerns

- Very focused on being popular or getting attention from other teens.
- Hanging out with other teens who think bullying is normal or funny.
- Struggling to fit in socially.

## 2. School concerns

- Getting in trouble at school.
- Struggling in class.
- Saying negative things about school like "I don't care about doing well in school", "I don't expect to do well", or "teachers don't care about me".

## 3. Health concerns

- Sleeping problems.
- Complaining of sleeping problems, headaches, stomachaches, back pain or dizziness.

## 4. Mood concerns

- Seeming angry, irritable, anxious, distracted, depressed, impulsive or hyperactive.
- Suicidal remarks or suicidal behaviours.

## 5. Online concerns

- Keeping secrets about what's happening online.
- Using lots of online accounts or pretending to be other people online.
- Using their devices late at night.
- Very upset if they can't use their devices.
- Treating people disrespectfully online, eg. sharing embarrassing pics without permission.

## 6. Behavioural concerns

- Making unkind or aggressive remarks about people.
- Treating some people unkindly, eg. insults, threats, nasty gossip.
- Not thinking about other people's feelings.
- Unwilling to take responsibility when they do the wrong thing or hurt someone.
- Seen with money or belongings which are not theirs.
- Using alcohol or other drugs.
- Getting into fights.
- Breaking the law.

### Remember...

- There is no one type of teen who bullies others. Some are popular and doing well at school, while others have problems of their own. Some have been bullied themselves.
- Some teens who bully others don't show any signs. We must keep talking to all our teens about what's happening at school and online.
- Some teens who show warning signs are not bullying others 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](#)

