

Signs of bullying



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Keeping children safe from violence

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	Comes home with missing or damaged belongings or clothes
Changes in eating patterns	Comes home hungry
Frequent tears or anger	Doesn't want to go to school
Mood swings	Changes their route to school or are frightened of walking to school
Feels ill in the morning	Doesn't want to go to school on the bus/tram/train
Becomes withdrawn or starts stammering	School grades begin to fall
Becomes aggressive and unreasonable	Continually 'loses' money or starts stealing
Refuses to talk about what is wrong	
Begins to target siblings	
Has unexplained bruises, cuts, scratches	

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.

