

Warning Signs Indicating Possible Bullying

Please check each of the following indicators for the student you suspect may be bullied. Students who are displaying these warning signs may be experiencing bullying (although these can be signs of other concerns as well). Students who are experiencing one or more of these signs or symptoms should be referred to an appropriate adult at school (for example, a school counselor, a teacher with whom he/she feels close, or a school nurse) and the concerns should be thoroughly investigated.

Physical Signs

- Student's clothing is torn, ripped, and/or dirty
- Student reports damaged, missing, or lost personal belongings (such as books)
- Student has unexplained cuts, bruises, or scratches on his/her body
- Student complains of headaches, stomachaches, or other physical ailments
- Student appears very tired or sleepy at school
- Changes in student's eating patterns are visible
- Student is picked on by other students
- Student is caught bringing protection (such as a weapon) to school
- Student is observed hanging head, hunching shoulders, or avoiding eye contact

Social Signs

- Student has few, if any, friends
- Student withdraws from social activities
- Student is socially isolated
- Student has poor social skills
- Student begins acting out in the classroom

Emotional Signs

- Student appears sad, tearful, or depressed
- Student is displaying symptoms of anxiety
- Student appears to have low self-esteem
- Student's moods seem to swing
- Student is afraid to go to school
- Student is fearful of riding the bus
- Student is afraid to walk to and from school
- Student takes an unusual route to school to avoid peers
- Student is fearful of joining social groups at school
- Student talks about running away
- Student threatens violence toward self
- Student threatens violence toward others

Academic Indicators

- Student shows little interest in school or schoolwork
- Student suddenly begins doing poorly in school
- Student's grades are declining
- Student avoids certain classes
- Student has little or no interest in extra-curricular activities that he/she previously enjoyed