

BULLYING

RECOGNIZE & REPORT

- // Unexplainable injuries
- // Lost or destroyed clothing, books, electronics, or jewelry
- // Frequent headaches or stomach aches, feeling sick or faking illness
- // Changes in eating habits (like suddenly skipping meals or binge eating; Kids may come home from school hungry because they did not eat lunch).
- // Changes in sleep patterns or difficulty sleeping or frequent nightmares
- // Declining grades, loss of interest in schoolwork, or not wanting to go to school
- // Sudden loss of friends or avoidance of social situations
- // Feelings of helplessness or decreased self esteem
- // Self-destructive behaviors (running away from home, harming themselves, talking about suicide, etc.)