

Cyberbullying

KNOW THE SIGNS

Please note that not all children who are bullied present with the same warning signs:

- Experiencing frequent headaches or stomachaches, feeling sick or feigning illness to avoid school or social interaction.
- Suffering unexplained injuries.
- Talking about a sudden loss of friends or avoiding interaction with friends.
- Coming home from school hungry having not eaten their lunch.
- Exhibiting difficulties sleeping and/or having frequent nightmares.
- Losing or destroying clothing, electronics, books, jewelry, and other personal property.
- Exhibiting changes in habits, especially skipping meals and/or binge eating food.
- Not wanting to go to school, declining grades, loss of interest in schoolwork and avoiding school activities.
- Expressing helplessness and/or a decrease in self-esteem.
- Exhibiting behavior changes including self-destructive behavior including harming themselves, talking about suicide, or running away from home.