

# TEN SIGNS THAT YOUR CHILD MAY BE BEING BULLIED

Below are some examples of key things to look out for but do bear in mind that not all of these will indicate bullying behaviour is happening.

## ONE

Changes in behaviour or expressed feelings: eating less/more than usual, withdrawn, anxious, sad, moody, angry, lowered grades, wanting to be alone all the time etc.

## TWO

Avoids social activities - sudden loss of friends and/or not wanting to be around usual group of friends

## THREE

Makes excuses not to go to school/college

## FOUR

Missing/damaged valuable possessions

## FIVE

Unexplained physical marks, such as bruises

## SIX

Obsession or withdrawn from electronic devices

## SEVEN

Wearing long-sleeved tops or covering up when it is not needed

## EIGHT

Troubling sleeping patterns or frequent nightmares

## NINE

Frequent headaches and stomach aches or other physical ailments

## TEN

Intense or strong emotional reactions

## HOW TO APPROACH THE SUBJECT WITH YOUR CHILD

If you believe that your child is experiencing bullying behaviour, asking directly may deter them from openly speaking to you. Every child is different, therefore, as a parent, you will know instinctively the best method to approach your child. Once you do, take small steps to assure them that you are there to help. Reassure them that any actions you take will be discussed with them first.

### OPEN THE CONVERSATION BY ASKING A QUESTION LIKE:

"Are there any kids at school who you really don't like? Why don't you like them? Do they ever pick on you or leave you out of things?"

"I'm worried about you. Are there any kids at school who may be picking on you?"

### SEEKING FURTHER SUPPORT

You can seek further advice and information including activities to do with your child about bullying behaviour by purchasing our Parent and Guardian Guide at [www.store.diana-award.org.uk](http://www.store.diana-award.org.uk)

We're proud to be the only charity set up in memory of Diana, Princess of Wales and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

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Throughout all of our programmes and initiatives 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

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We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors you can make a £5 donation by texting CHANGE 5 to 70470 or visit [diana-award.org.uk/donate](https://diana-award.org.uk/donate)

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