

How to spot signs of a child being bullied

You may be unaware that your child or a child in your classroom is being bullied. Sometimes the signs are aren't obvious, and others manifest themselves more clearly. We have detailed some signs to look out for.

- Bruises ✓
- Broken or missing possessions
- Becoming withdrawn – not talking, or spending more time alone
- Changes in eating habits
- Changes in behaviour – becoming aggressive
- Sleeping badly
- Complaining of headaches or stomach aches
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Wetting the bed
- Worrying about going to school
- Suddenly doing less well at school



For more information on safeguarding children, please visit:
www.virtual-college.co.uk/courses/safeguarding-courses