

Recognizing the Signs of Bullying

If you think someone you support is being bullied, don't ignore the signs! Bullying can cause serious harm and should not be taken lightly. So, if you see unexplained changes in their behavior, ask the person about what's going on.



Common signs of bullying include:

- Unexplained injuries
- Lost or destroyed clothing, books, electronics, jewelry
- Complaints of frequent headaches or stomachaches
- Changes in eating habits
- Difficulty sleeping or frequent nightmares
- Self-destructive behavior, like running away or harming themselves

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