

Signs of Bullying

Be aware that not all students who are bullied exhibit warning signs. Bullying occurs intentionally out of the sight of adults. When there are warning signs, they usually involve behavioral and emotional changes.

Signs someone you know is being bullied include:

- They have physical signs like cuts, bruises, or scratches that are not easily explained.
- They try to get out of going to school.
- They suddenly start doing poorly in school.
- They come home moody, sad, teary, depressed, or overly fatigued.
- They have a loss of appetite or develop an eating disorder.
- They appear more stressed or anxious than usual.
- Their belongings come home torn or damaged, or they are missing altogether.
- They experience headaches, nausea, stomach aches, or other physical symptoms.
- They have nightmares, sleep disorders, insomnia, or trouble sleeping.

For more information: <https://www.verywellhealth.com/bullying-5218622>



PHARR-SAN JUAN-ALAMO ISD
SUSTAINABLE DEVELOPMENT GOALS