

Bullying Signs Checklist



- Unexplained injuries (bruises, cuts, etc.)
- Missing or damaged belongings (clothing, books, etc.)
- Frequent complaints of headaches, stomachaches, or illness
- Reluctance to go to school or sudden drop in school performance
- Changes in eating habits (skipping meals, eating more than usual)
- Changes in sleep patterns (difficulty falling asleep, nightmares)
- Withdrawal from social activities or changes in friendships
- Emotional changes (sudden mood swings, depression, anxiety)
- Low self-esteem or feelings of helplessness
- Final fitting for All of Outfits
- Avoidance of certain places or routes (walking home, school hallways)

Notes :



Parent/Child Conversation List



Conversation Topic:

Ask your child about their day at school.

Sample Responses to Encourage

It's okay to feel scared, but I'm here to help.

Conversation Topic:

Inquire if they ever feel scared or uncomfortable with anyone at school..

Sample Responses to Encourage

If someone is being mean to you, tell me or a teacher right away.

Conversation Topic:

Ask if they've ever seen anyone being bullied or if they feel someone may be bullying them.

Sample Responses to Encourage

You should never feel embarrassed to talk about these things.

Conversation Topic:

Discuss how they should respond if someone is being mean or hurtful.

Sample Responses to Encourage

If someone is bullying you, remember you are not alone.

Conversation Topic:

Ask how they feel when they think about school or certain classmates.

Conversation Topic:

Encourage them to speak up if they ever feel unsafe.

Conversation Topic:

Teach them the importance of telling a trusted adult if something feels wrong.

Conversation Topic:

Ask if they know what bullying looks like and if they've seen it happen before.

Conversation Topic:

Reassure them that you are always there to listen without judgment.

