

Work  
together



# to End Bullying

## 10 Signs a Child is Being Bullied

- 1 Unexplained Injuries
- 2 Avoidance of social interactions
- 3 Destruction of clothing, electronics, etc.
- 4 School avoidance
- 5 Changes in eating, sleeping, grades, etc.
- 6 Loss of Property
- 7 Drop in self-esteem and self-confidence
- 8 Changes in mood
- 9 Helplessness, hopelessness
- 10 Self-destructive behaviors



Based on *8 Keys to End Bullying: Strategies for Parents and Schools* by Signe Whitson.

Visit [bit.ly/endbullying16](http://bit.ly/endbullying16) for more information, exercises, & a comprehensive two-book *Activity Program* that helps kids and adults work together to end bullying.

