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 for more information, exercises, & a comprehensive two-book Activity Program that helps kids and adults work together to end bullying.