

## Signs of bullying

Each individual student who has been bullied or is bullying others will respond and act differently. A student's behaviours and moods can also change for a variety of reasons. However, the following are some signs that may indicate a student is experiencing bullying:

Signs a teacher may notice:

- becomes aggressive and unreasonable
- starts getting into fights
- refuses to talk about what is wrong
- school grades begin to fall.

Sometimes bullying can be less obvious. Signs can include:

- student is often alone or excluded from friendship groups at school
- student is a frequent target for teasing, mimicking or ridicule at school
- change in the student's ability or willingness to speak up in class and appears insecure or frightened.

Signs a parent may report:

- doesn't want to go to school
- changes their method or route to school or are frightened of walking to school
- changes in sleep patterns
- changes in eating patterns
- frequent tears, anger, mood swings
- unexplained bruises, cuts, scratches
- missing or damaged belongings or clothes
- arriving home hungry.

Students who are more likely to be bullied are also more likely to:

- feel disconnected from school and not like school
- lack quality friendships at school
- display high levels of emotionality that indicate vulnerability and low levels of resilience
- be less well accepted by peers, avoid conflict and be socially withdrawn
- have low self-esteem
- be relatively non-assertive
- be different in some way.

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A student who bullies may:

- repeatedly tease, imitate or make fun of the same targets
- feel the need to dominate or control others
- show no compassion for someone who's experiencing bullying
- repeatedly exclude or ignore the same target
- whisper behind their backs on a frequent basis.

Students who frequently bully others are more likely to:

- feel disconnected from school and dislike school
- demonstrate good leadership skills
- demonstrate good verbal skills and ability to talk themselves out of trouble.

This information comes from a range of sources including:

The Australian Psychological Society Tip Sheets

[http://www.psychology.org.au/publications/tip\\_sheets/bullying/#s9](http://www.psychology.org.au/publications/tip_sheets/bullying/#s9)

Working Together: A Toolkit for parents to Address Bullying

<http://behaviour.education.qld.gov.au/bullying-and-violence/schools/Pages/qaav.aspx#toolkit>

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