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Recognizing the Warning Signs

There are many warning signs that could indicate that someone is involved in bullying, either by bullying others or by being bullied. However, these warning signs may indicate other issues or problems, as well. If you are a [parent](#) or [educator](#), learn more about talking to someone about bullying.

Being Bullied

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual

Bullying Others

- Becomes violent with others
- Gets into physical or verbal fights with others
- Gets sent to the principal's office or detention a lot
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

what is
BULLYING?

RECOGNIZE
the warning signs

how do I
GET HELP?



If you experience bullying or violence because you are lesbian, gay, bisexual or transgender (LGBT) youth, or others think you are, there are resources available to help you.

[LEARN MORE](#)



Bullying does not just happen face-to-face. Students and young adults may also struggle with hurtful or embarrassing messages via text or online. Learn how you can prevent and stop cyberbullying.

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