



Recognising signs of bullying in children

Some statistics show that only 40% of bullying incidents are reported to an adult and as parents and teachers, it's not possible to be there for every moment of a child's day.

So how can we help a child who's being bullied, if they don't tell us about it?

If a child is experiencing bullying, you might notice some of the following;

- Unexplainable injuries
- Lost or damaged clothes, books, or other possessions
- Frequent headaches or stomach aches or they fake illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they didn't eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide.

If you notice any of these signs in your child, talk to them about what's going on and if necessary, call in more help.

In the next video, Harith Iskandar shares some simple strategies to help you support kids who are being bullied.

**#STAND
TOGETHER**