

Bullying & Cyberbullying - Spot the Risk

RED FLAGS - What to look out for

Losing **confidence** and/or becoming **withdrawn**

A **change** in how they are doing at school, including a **dip in grades** or **not handing homework in**

Belongings getting '**lost**' or **damaged**

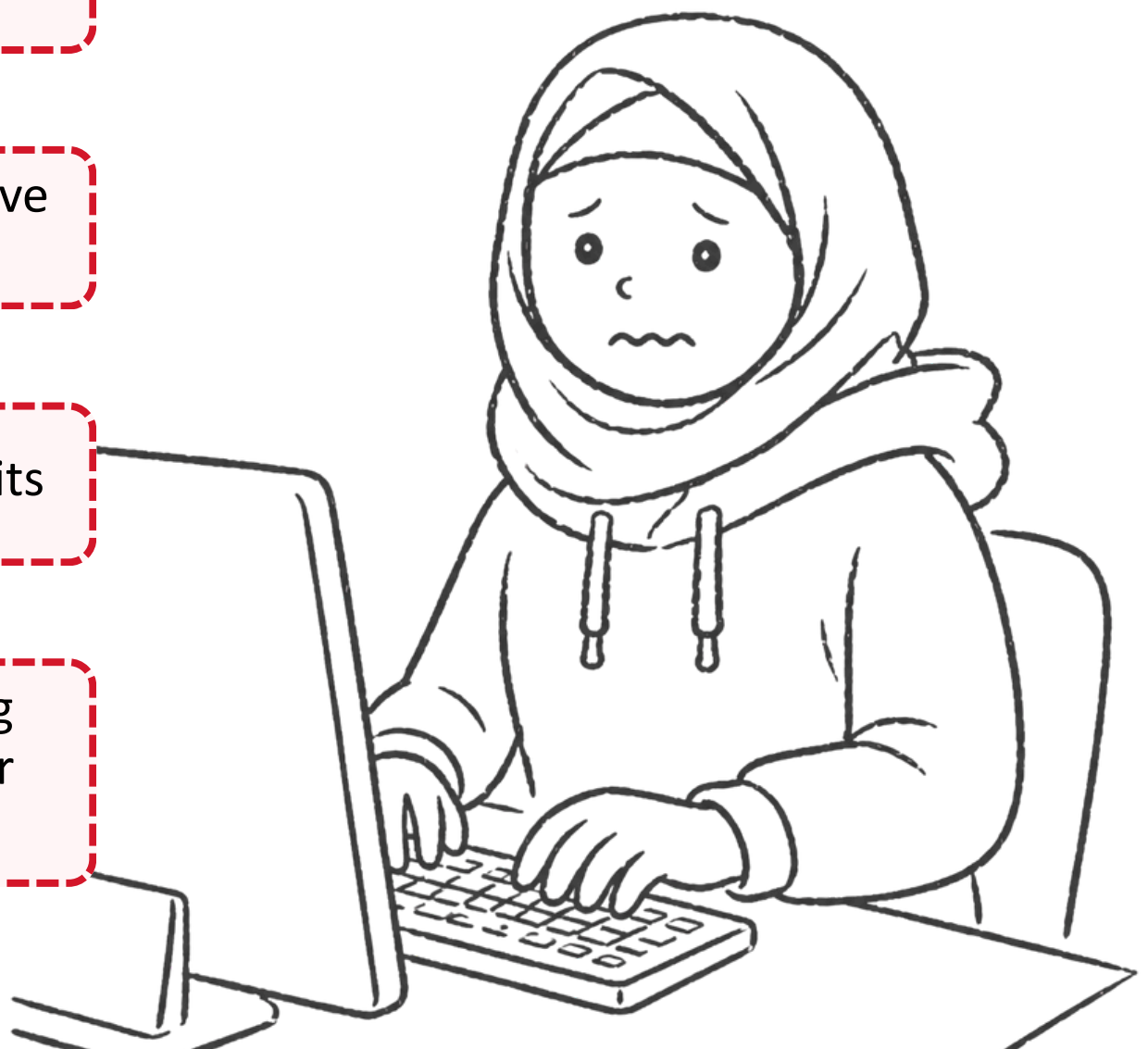
Escalating symptoms of **anxiety** and/or **depression**, **self harming** and **suicidal ideation**

Physical injuries, such as **unexplained bruises**

Asking for, or stealing money (to give to whoever's bullying them)

A change in **eating** or **sleeping** habits

Being **afraid** to go to school, being **mysteriously 'ill'** each morning, or **skipping** school



Adults may notice that a child isn't spending time with their usual group of friends, has become isolated or that other children's behaviour towards a child has changed.

Your next steps:

- Notify the on-site manager or DSL immediately
- Complete a Cause for Concern form



Designated Safeguarding Lead
Lindsay 07476 156807