



How to spot when a child is being bullied

No child should have to experience bullying, and one of the first steps you will need to take in order to prevent bullying is understanding what the signs are. Below are some of the signs you might see.

Unexplained bruises and injuries

Coming home with visible bruising or injuries could be a sign of physical bullying, especially if they're reluctant to explain how they got injured.



Deteriorating school performance

A sudden drop in grades or negative feedback from teachers could suggest that something is mentally affecting a child, with truancy being linked to avoidance of a bully.



Fighting at school

Becoming more aggressive and suddenly getting into fights is potentially a response to getting picked on, potentially leading to more serious incidents of violence.



Noticeable insecurities or anxiety

Not getting out of bed for school and faking illness to avoid going to school could be because they don't want to be put in a situation where their bully can get them.



Damaged or missing belongings

Arriving home with their schoolbag or things missing could be due to a bullying incident where items have been stolen from them.



Refusing to talk about what's wrong

Bullies will potentially threaten their target with an escalation of behaviour if adults get involved, making threats or even blackmailing them in order to keep the bullying secret.



For more information, please visit:
www.virtual-college.co.uk/courses/safeguarding-courses