

# BULLYING CHECKLIST

Bullying isn't always obvious. Sometimes it shows up as emotional, behavioral, or social changes. This gentle checklist helps parents notice early signs, open calm conversations, and support their child with care and confidence.

## Changes in Behavior

- Becomes unusually quiet or withdrawn
- Suddenly dislikes going to school
- Wants to be picked up early/avoids recess
- Sudden mood swings after school
- Changes in sleep or eating habits

## Emotional Red Flags

- Irritated or crying without clear reason
- Increasing clinginess
- Complaints of feeling 'scared', 'alone', or 'left out'

## Social Signs

- Not invited by peers to play or group activities
- Talks about "friend problems" vaguely
- Suddenly begins to sit alone or avoids certain classmates

## Physical Cues

- Water bottle, tiffin, or stationery frequently missing
- Torn books, scribbled notebooks, or damaged belongings
- Unexplained bruises or scratches
- Complaints of headaches or stomachaches (to avoid school)

## Academic Shifts

- Drop in concentration or interest
- Fear during presentations or group work
- Homework incomplete because “I didn’t understand”

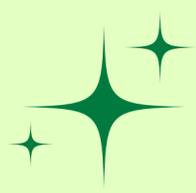
## Digital Signs

- Hesitates to show screen
- Suddenly stops using a social app
- Becomes restless after being online

## Parent Reflection

- I listen without interrupting or blaming
- I reassure my child it is not their fault
- I stay calm while discussing bullying
- I am open to seeking support if needed

## One Supportive Step I Will Try



**This checklist is not a diagnosis. It's a starting point for awareness, conversation and timely support.**

**Count your checkmarks. • 0–2: Observe • 3–5: Talk gently • 6+: Connect with teacher/ counsellor**

**(You can download this checklist and print it for use)**