

BULLY PROOF



Parent Guide

Helping Kids Stand Tall Against Bullying

5 Signs Your Child Might Be Getting Bullied (And What to Do About It)

Bullying rarely starts with bruises. More often it begins with subtle changes in mood, behavior, or routine. Spotting these early warning signs lets you intervene before the damage deepens.

1. Sudden 'Stomachaches' on School Days

Frequent complaints about headaches or stomach pain-especially on weekday mornings-can mask anxiety about seeing a bully.

2. Missing or Damaged Belongings

Lost lunch money, ripped backpacks, or broken devices often point to intimidation or outright theft.

3. Unexplained Mood Swings

Withdrawn at dinner, irritable before bed, unusually quiet in the car-emotional whiplash is common when kids bottle up fear.

4. Sleep Pattern Changes

Nightmares, late-night texting, or difficulty falling asleep can be triggered by harassment or cyberbullying.

5. Drop in Grades or Participation

Kids who once loved school but now avoid group projects or stop answering in class might be dodging a bully-s spotlight.

What to Do:

- Open a Judgment-Free Conversation - Ask open-ended questions: -I-ve noticed _____. What-s going on?-
- Involve Allies Early - Teachers, counselors, and coaches can monitor situations you can-t see.
- Role-Play Responses - Practice confident body language and short verbal comebacks.
- Enroll in Bully Proof Life - Our programs teach kids to stand tall, speak up, and get help when needed.

Need more help? Book a Bully Proof presentation at BullyProofLife.com/host-an-event