



TEST

HOW TO KNOW IF YOUR CHILD IS BEING BULLIED AT SCHOOL

Look out for the signs below in your child or teenager's behavior for several days or 2-3 weeks. Read the statements below and check the signs you have noticed.

- Shows noticeable changes in behavior: a quiet child suddenly turns loud and irritable, an active child becomes depressed and sluggish, an outgoing one - sad and withdrawn.
- Refuses to go to school: makes up excuses not to go, pretends to be sick, or skips school without telling you.
- Complains frequently of headaches, colds, stomachaches or other physical ailments, especially during the school year.
- Suddenly begins to do poorly at school.
- Reluctantly shares school news, although earlier would tell you everything in detail.
- Tries to avoid taking part in after school activities (school trips, excursions, celebrations, etc.) by all means.
- Does not visit their classmates and does not invite anyone home; is not invited to birthdays.
- Asks you to walk them to and from school, although earlier did it on their own.
- Seems low on self-esteem, suddenly becomes overly anxious, unconfident, thinks they're "no good" or not worth anything.
- You notice bruises and scratches on the child's body which they often cannot explain.



The child asks you for money for school often, with the amount growing.

Personal things start missing often (children might say they're losing them).

Results

Each affirmative answer is 1 point.

Count the number of points to get your result.

1-2 points

You most likely do not have anything to worry about; temporary difficulties, a drop in performance or mood happen to all children. Observe what is going on. In case the situation worsens, intervene and take action to help your child.

3-5 points

It seems that the situation is more serious and your child has problems at school that are worth asking about carefully. If you become aware of emotional and/or physical violence towards your child or his\her classmates, take action immediately.

6-12 points

The situation is critical, it is very likely that your child is a victim of school bullying. You need to intervene urgently. Ask them about what's happening in detail, provide support, collect the facts and inform the school administration. In case the school does not show understanding and cooperate, seriously consider changing the school or the class your child's in.

If you do not succeed in solving the situation independently -
address our specialists.

E-mail: include@grainsofgood.com

