

Is Your Teen Being Bullied?

Adults play a very important role in making bullying stop, but teens can be hesitant to talk to their parents about what's going on. Here are some signs to watch for that may indicate your teen is dealing with bullying.

- No friends at school or in community
- Feelings of isolation
- Lack of opportunity to be noticed for personal talents
- Restrictive parenting
- Making excuses in order to stay home from school
- Loss of interest in activities
- Lower self-esteem
- Increased anxiety
- Unexplained injuries or damaged belongings
- Difficulty sleeping
- Making threats of hurting themselves or others



Boys & Girls Club
of Airdrie

For more information to help your teen deal with bullying visit www.prevnet.ca



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