

Cyberbullying checklist

Be aware of the signs, so you can keep them safe!

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| <input type="checkbox"/> <u>Avoiding friends and social activities</u> | <input type="checkbox"/> <u>Skipping school</u> |
| <input type="checkbox"/> <u>Spending more time alone</u> | <input type="checkbox"/> <u>Negative self-talk</u> |
| <input type="checkbox"/> <u>Sudden mood swings</u> | <input type="checkbox"/> <u>Fear of going to school</u> |
| <input type="checkbox"/> <u>Reluctance to use devices</u> | <input type="checkbox"/> <u>Secretive behaviour</u> |
| <input type="checkbox"/> <u>Nervous when receiving messages</u> | <input type="checkbox"/> <u>Sudden stop in using apps</u> |
| <input type="checkbox"/> <u>Change in eating or sleeping habits</u> | <input type="checkbox"/> <u>Sudden loss of friends</u> |
| <input type="checkbox"/> <u>Frequent complaints of ailments</u> | <input type="checkbox"/> <u>Refusing to talk about online activities</u> |
| <input type="checkbox"/> <u>Drop in grades</u> | <input type="checkbox"/> <u>Secretive about online interactions</u> |
| <input type="checkbox"/> <u>Lack of interest in school activities</u> | <input type="checkbox"/> <u>Expressions of suicidal thoughts</u> |