

CYBERBULLYING

EARLY SIGNS CHECKLIST

Young people may not always tell an adult when they are experiencing cyberbullying. This checklist may help you **identify signs** and **start the chat**.

Emotional & Behavioural Changes

- ✓ Appearing sad, anxious, or withdrawn more than usual
- ✓ Getting upset or angry after using their phone or devices
- ✓ Avoiding social situations, even with friends
- ✓ Changes in personality - becoming more secretive or moody

Online & Technology Behaviours

- ✓ Becoming secretive about phone use or online activity
- ✓ Quickly hiding screens when someone walks by
- ✓ Hesitant to check notifications or unusually avoiding social media
- ✓ Deleting social media accounts or creating multiple new ones

School & Social Changes

- ✓ Sudden drop in school performance or lack of motivation
- ✓ Avoiding school, after-school activities, or social events
- ✓ Unexpected changes in friend groups or isolating themselves

Physical & Sleep Changes

- ✓ Complaining of headaches, stomach aches, or feeling sick with no clear cause
- ✓ Changes in sleep - difficulty falling asleep or sleeping too much
- ✓ Changes in eating habits - eating too little or too much

Help is never far away!

esafety.gov.au | kidshelpline.com.au | 1800respect.org.au

