

Name \_\_\_\_\_

## Detective Skills: How to Identify Signs of Bullying

### Short Answer Key

1. Possible answers include sudden changes in mood, frequent emotional outbursts, loss of interest in activities, difficulty sleeping, and a decline in academic performance.
2. When suspecting someone is experiencing bullying, it is crucial to approach them with care and sensitivity, encourage open communication, offer support, and involve trusted adults or authorities if necessary.
3. Encouraging open communication is important because it allows individuals to share their concerns, feelings, and experiences, making it easier to address the situation and provide support.
4. An example of a digital and technological sign of cyberbullying is receiving hurtful or threatening messages or emails online.
5. Changes in eating habits can be a potential indicator of bullying because they may result from stress, anxiety, or emotional distress caused by the bullying. It is concerning because it can lead to physical and emotional health issues.

