



Signs a Child is Being Bullied (For Parents)



Please check the following checklist to see if your child is showing any signs of being bullied.

※Please write a check mark .

○Is your child being bullied? My child...

Morning does not get up in the mornings, doesn't come out of the bed

claims to be sick and asks to stay home from school

shows sign of relief, after calling school for the absence

frequently arrives school late or leaves school early

lost his appetite and eats quietly

Evening doesn't study at home, cannot focus on studying

(After school) takes money from home, asks for a large amount of money

is often laughed at, teased or ordered to do something while playing with friends

doesn't have any friends come over to our house and stays at home

has new friends

becomes anxious when phone rings or receives messages

Night looks sad or depressed, doesn't talk to us like he/she used to

(Before bed) takes out frustrations on us and has become mean to the family

gets irritated over small things and takes out frustrations on things

doesn't talk about school or friends at school

spends more time alone in his/her own room

has unexplainable bruises or injuries

doesn't want others to touch personal belongings

always checking on his/her smartphone and computer (online games)

Night has difficulty sleeping or experiences sleepless nights

(After going has lost or destroyed things he/she uses at school

to bed) has negative comments written in his/her textbooks and notebooks

comes home with dirty clothes or torn clothes

has negative comments sent to him/her on his/her smartphone or online games. He/She has deleted some messages on the phone/games.

○Is your child bullying others?

* Signs a child is bullying others. My child...

uses rude expressions, doesn't listen to others, and makes fun of others

has new friends

has things you don't remember buying for him/her

have unexplained extra money or new belongings

※We referred to "Signs of Bullying" provided by the Ministry of Education.

Dear Parents/Guardians

Toyota City Higashiyama elementary School Principal
Kimitoshi fujitani

Signs a Child is Being Bullied - Check List (for parents)

Thank you for your understanding and support to our education activities.

We have made our "Signs a Child is Being Bullied - Check List" by referring to the checklist provided by Ministry of Education. Some children are experiencing "Bullying" and not having any one to talk to. Children may not tell others in words, however, signs of "being bullied" will appear in child's actions and attitudes. Please observe and check how your child is behaving or doing. You can also find this check list on our website.

If you suspect your child may be a victim...

- Be a good listener for your child. Children need someone who listens to them. They need to see that you accept him/her as who he/she is.
- Do not accuse your child or rush to solve the problems.
- Sit down with your child and tell him/her you are on his/her side no matter what.
- Never say...

Oh, just ignore them, That's not a big deal, You need to change your attitude,
This is your fault, You are too weak,...

- We are here to help you with bullying. Please call school at the number below.

Contact Higashiyama Elementary School (☎ 80-7581)

【Toyota City Hotlines】

- * PALC ☎0565-33-9955 (Mon~Sat 9:00~17:00)
- * Toyota Children's Right ☎0120-797-931
(Wed・Thu・Sat・Sun 13:00~18:00、Fri 13:00~20:00)
- * Heart Line Toyota ☎0565-31-7867 (Mon~Sat 9:00~17:00)