Effects of Physical Bullying

Kids who are physically bullied can experience negative physical, school, and mental health issues.

**Physical bullying can lead to:**

* Physical effects such as bruises, scratches, broken bones, etc.
* Feeling sad
* Skipping school or class
* Problems concentrating
* Avoiding social situations
* Being forgetful
* Losing interest in previously enjoyed activities
* Trouble sleeping
* Failing class or sudden drop in grades
* Becoming quiet or withdrawn from friends
* Using alcohol or drugs
* Using negative “I am” statements
* Going form happy to sad or angry quickly