



## **Five Signs Your Child or Teen are Experiencing Turmoil in School**

**1 in 3 students, teens included, report being bullied at school.**( National Center for Education Statistics).

**Can you take the chance that your child is the one in three?**

Teens and children are experiencing bullying, trouble with their peers and other experiences in school that negatively impact their self- confidence. As a parent how do you know?

When your son or daughter is silent can you take the chance that they are handling the challenges in school?

**Here are five signs that may indicate your child is experiencing trouble in school.**

**Circle any concerns that relate to your child.**

- **Your child is isolating themselves from family, friends or routine activities.**
- **Sleeping patterns have changed ( up at night after typical bedtime).**
- **Consistently is more “ silent” when asked about school.**
- **Feelings of illness that can’t be pin pointed.**
- **A change in your child’s attitude or frequent mood shifts**

***If any one of these five factors are relevant, as a parent the time to act is now! You can make a difference and I can help. Click the link [www.takebackurpower.com](http://www.takebackurpower.com) to schedule a consultation now!***