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10 THINGS YOU WILL SEE

in the exercise book and at break time – Poster for the staff room

1	**A Change in Handwriting** Writing becomes chaotic, irregular, 'as if written by someone else.' This signals a drop in concentration and energy.
2	**Dark Drawings** Repeated dark or violent themes in drawings – especially when combined with other warning signs. Drawings may express what the pupil cannot put into words.
3	**Isolation at Break Time** The pupil sits alone, against a wall, headphones on. They are not seeking contact – they are avoiding it.
4	**A Change in Eating** They have stopped eating their school lunch. Or the opposite – they eat compulsively. Both extremes are a signal.
5	**Avoiding PE** Frequent absences, 'I forgot my kit.' They may be hiding wounds or simply have no energy left.
6	**Sleep Deprivation Visible at School** Falling asleep in lessons, dark circles under the eyes, difficulty concentrating from the start of the day.
7	**A Sudden Drop in Grades** Sudden and not caused by laziness. The pupil is simply unable to function.
8	**Irritability and Outbursts** In boys, depression often looks like aggression, not sadness. It is a MASK.
9	**Long Sleeves in Hot Weather** A classic sign of concealed wounds. Also: lots of bracelets, wide wristbands.
10	**"There's No Point"** Any statement about hopelessness, having no future, 'nobody would even notice.' Take it SERIOUSLY.

3+ signs = do not wait. Talk to the pupil. Inform the DSL.

Edutimo material produced with AI assistance, based on a webinar by Jolanta Kawaler; content reviewed and approved by the author before publication.