

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. Refer to a specialist.