



DIGITAL SAFETY SQUAD™

Warning Signs of AI Bullying

Children often hide bullying out of shame or fear. Watch for these patterns and trust your instincts.



Secretive Device Behaviour

Quickly locks phone, switches tabs, or closes apps when you approach. Sudden secrecy around specific conversations or platforms.



Mood Changes When Online

Becomes visibly upset, angry, or withdrawn after checking phone or social media. Reluctant to show you their screen.



Unknown Messages or Fake Profiles

Mentions seeing accounts that look like theirs but aren't. Receives messages from people they don't recognise.



Deleting Posts or Hiding Chats

Suddenly deletes previously visible content. Makes unexpected changes to privacy settings or deletes social media accounts.



Physical Symptoms

Headaches, stomach aches, or sleep disruption. Physical manifestations often accompany the stress of being bullied.

If You Notice Multiple Signs

Start a gentle conversation without judgment. Use [parental control apps](#) to monitor concerning patterns. Document everything before it disappears.

Digital Safety Squad™

digitalsafetysquad.com/family_safety/ai-bullying