

Bullying: Strategic Red Flags for Parents & Teachers

PARENT RED FLAGS

- Unexplained loss of personal items, lunchboxes, or pocket money.
- Frequent nightmares, bedwetting, or sudden sleep disturbances.
- Uncharacteristic aggressive behaviour directed towards siblings.
- Actively avoiding conversations about school events.
- Drastic and sudden changes in eating habits or appetite.
- Unjustified fear or panic attacks regarding the school bus.
- Consistent physical complaints (e.g., stomach aches) on school mornings.
- Sudden withdrawal from hobbies, sports, or weekend activities.
- Highly secretive behaviour regarding mobile phones/social media.
- Noticeable drop in self-esteem or feelings of worthlessness.
- **Additional Insight:**

Monitor changes in digital patterns. If a teen is hiding their screen, don't just 'spy' - open a dialogue about online safety and emotional impact.

TEACHER RED FLAGS

- Sudden, unexplained decline in academic performance.
- Frequent visits to the sickbay to avoid class.
- Complete isolation from peer groups during lunch/recess.
- Behavioral changes during digital device usage.
- Repeated, timid approaches to authority figures for help.
- Sudden reluctance to join group assignments or activities.
- Physical reactions of anxiety (covering face/head).
- Being constantly mocked or dismissed by classmates.
- Drastic shifts from cheerful to severe withdrawal.
- Unexplained damage to school supplies or uniforms.
- **Additional Insight:**

Watch the 'micro-social' moments. Bullying often happens in the margins - passing periods or transitions. Observe who stands alone or sits at the periphery.

Why Krav Maga 'Fast-Track' for Teens is Different

Unlike traditional martial arts, which often focus on forms (katas), point-scoring, and long-term ritualized competition, Krav Maga Fast-Track is a survival-based system. We emphasize:

- Psychological Resilience: Managing the 'fight or flight' response under extreme stress.
- Critical Decision-Making: Situational awareness and de-escalation strategies, not just physical techniques.
- Real-World Confidence: Building the belief in one's ability to identify threats and protect oneself without needing to 'win' a sport match.
- Speed of Mastery: Tactical skills learned in weeks, not years, to provide immediate safety tools for vulnerable teens.

Learn more: <https://kravmagaselfdefensebengaluru.in/> | Call: 9886769281