

# !! DISREGARD! ●● KILLS!

**NOTICE CHANGES IN BEHAVIOR, THEY WARN THAT SOMETHING IS HAPPENING.**

## WARNING SIGNALS

### PHYSICAL

- Rapid and shallow breathing
- Accelerated breathing
- Frequent support and pressing of the head
- Squinting
- Muscle tension, nail biting, skin scratching, or teeth grinding
- Nausea, vomiting
- Frequent need to go to the bathroom
- Constant need to occupy hands (e.g., interlacing fingers, moving items on the desk, etc.)
- Excessive yawning
- Tapping foot
- Sweating vs. chills
- Excessive fatigue
- etc.
- Rapid heartbeat
- Frequent drinking
- Frequent drinking
- Tics
- Trembling
- General restlessness
- Nervousness

### EMOTIONAL AND MENTAL

- Attention disorders, concentration difficulties
- Silence
- Feelings of fear, helplessness, uncertainty,...
- Crying, anger
- Concentration difficulties
- Self-harm, self-destructive behavior
- Uncontrollability, aggressive behavior, profanity
- Escape from reality (video games, movies, life in fantasy, etc.), eccentric behavior
- Withdrawal, disturbances in social relationships
- Frequent mood swings
- Critical self-view
- Demotivation, loss of interest
- Avoidant behavior
- Anxiety and panic attacks
- Apathy
- Irritability, restlessness
- Signs of negativism
- Sadness
- Perfectionism

### SOCIAL

- Isolation from the group
- Repeated failure at school
- Worsening academic performance
- Inability to form relationships
- Reluctance to communicate with peers
- Fear of speaking in front of the class
- Excessive fear of school, procrastination, avoiding difficult tasks
- Frequent escapism into virtual worlds of games and social media
- Unusual behavior (theft, vandalism)
- Need for stereotypical activities
- Changed relationship with food – overeating vs. starving



**NOTICE SUDDEN CHANGES  
IN THE USUAL BEHAVIOR  
OF YOUR STUDENTS/PEERS/  
FRIENDS!**

**YOU COULD SAVE  
A LIFE..**

**INDIFFERENCE  
KILLS!**