TOOL 01 OF 13 FOR PARENTS

Signs to watch for.

For: Parents and caregivers · **From the guide:** pages 10 and 34

One sign isn't the story

Any one of these can be ordinary kid behavior. Look for something new, something that lasts, or several signs together.

Cyberbullying

Watch for a child who:

- [ ] Stops using their phone or computer, even though they used to enjoy it
- [ ] Gets secretive about being online or about their phone
- [ ] Turns off or changes the screen when you walk by
- [ ] Seems nervous or jumpy when a message comes in
- [ ] Hints at, or talks vaguely about, someone being mean online
- [ ] Avoids school, practice, or usual activities, often saying they feel sick
- [ ] Seems sad, angry, or withdrawn after being online
- [ ] Sleeps, eats, or does schoolwork differently than usual

AI taking the place of people

Watch for a child who:

- [ ] Has long chats with AI, especially late at night
- [ ] Gets secretive or defensive about how they use it
- [ ] Talks about AI like it understands them better than people do
- [ ] Would rather talk to AI than to friends or family
- [ ] Gets upset or restless when they can't get to it
- [ ] Is pulling away from friends, family, or things they used to enjoy

When not to wait

If your child talks about wanting to die or hurt themselves, says they feel hopeless or trapped, looks up ways to die, or starts giving away things that matter to them, stay with them and call or text **988**. If there's immediate danger, call **911**.

If you're seeing signs, start from afar. Ask about kids in general before you ask about your child. The conversation cards in this toolkit give you the questions.