

Signs that should always be a Cause for Concern

Look out for changes such as:

- Difficulty concentrating and not doing as well at school
- Becoming withdrawn
- Mood or behaviour changes, for example:
 - Becoming more irritable
 - Being angry
 - Aggressive behaviour
 - Clinginess
 - Attention seeking behaviour
 - “Acting out”
- Tiredness
- Mental health needs, for example, signs of depression, anxiety, eating disorders or post traumatic stress disorder (PTSD)
- Self-harming
- Risk-taking behaviour, for example:
 - Stealing
 - Bullying
 - Running away
 - Sexual activity
 - Trespassing or vandalism
 - Fighting
 - Truancy
- Using drugs or alcohol, especially if they didn't before

Remember: be professionally curious. If you see something that doesn't feel right, no matter how small, report it to the DSL.

Sources

- > [Emotional abuse](#), [Neglect](#), [Physical abuse](#), [Sexual abuse](#) and [Spotting the signs of child abuse](#), NSPCC
- > [Child maltreatment: when to suspect maltreatment in under 18s](#), National Institute for Health and Care Excellence