



See the Signs

Digital distress or poor mental health
linked to tech use — What to look out for
and what to do about it

See the Signs — 5 Red Flags



- 1. Increased secrecy around devices**

Hiding screens, turning off devices when approached, or using multiple accounts

- 2. Sudden changes in mood or engagement**

Unusual irritability, withdrawal, or loss of interest in class or peers

- 3. Sleep disruption**

Students are consistently tired, late to school, or unable to concentrate

- 4. Obsession with particular platforms or AI bots**

Referring to AI friends for emotional support or mimicking online personas

- 5. Avoidance of online activities or total disengagement**

Shutting down digital participation after a harmful incident (e.g., being targeted in group chats)

See the Signs — **Student Behaviours to Monitor**



It's important for all staff to observe and report subtle behavioural shifts linked to digital wellbeing concerns.

Signs to Monitor:

- Fluctuating academic performance not explained by other known factors
- Friendship changes or isolation, especially when linked to group chats or online games
- Language changes or online slang referencing harmful content or AI platforms (e.g., 'Replika,' 'Character.Ai')
- Reliance on digital escapism - using devices to cope with real-world stress
- Over-identification with digital avatars, influencers, or chatbots

Tip: Cross-reference student comments, online trends, and usage patterns with real-time monitoring insights if your school has visibility tools enabled.

See the Signs — What to do — 3 Quick Wins for Schools



3 low-resource strategies schools can act on now:

- 1. Update your wellbeing alert systems with keywords to include emerging AI slang**
Monitoring systems are evolving to identify AI-specific language, which can be helpful for schools for early intervention purposes
- 2. Run a 15-minute staff update on ‘Signs to Watch’ using this slide deck**
Builds staff awareness without burdening time, promoting whole-school vigilance
- 3. Launch a student-led ‘See the Signs’ week**
Consider some of the resources provided in this report to create a campaign-in-a-box activity to kick off valuable conversations and student advocacy with minimal planning