

WARNING SIGNS LIST



No single sign proves anything. A cluster, or one sign plus your gut, means look closer. The full table with first moves is in Chapter 2.

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| ☐ Sudden panic, dread, or secrecy attached to the phone | ☐ New contempt for girls or women, delivered as irony |
| ☐ A new friend, gift, or game currency you cannot explain | ☐ Sexual knowledge beyond their age |
| ☐ Apps appearing or vanishing overnight | ☐ Requests for money or gift cards with a thin story |
| ☐ Switching screens when you enter | ☐ Anyone asking the child for secrecy |
| ☐ Late night use plus wrecked mornings | ☐ Distress after gaming |
| ☐ Withdrawal from sport, friends, meals | ☐ A second phone or unfamiliar device |
| ☐ Covering arms or legs; unexplained injuries | ☐ Talk of meeting an online friend |
| ☐ Tightening food rules; guilt at meals | ☐ Jokes about disappearing that are not quite jokes (this one needs help now: see the crisis lines in Tool 13) |

Date: _____