



**National Runaway
Prevention Month**

Recognizing the Warning Signs

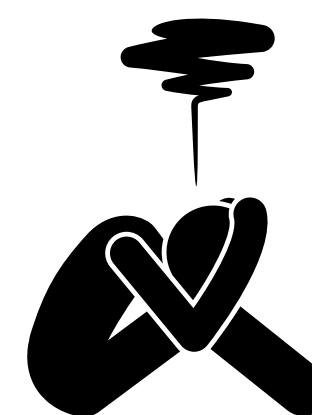
Social Withdrawal

Youth may begin isolating from family and friends, spending more time alone or avoiding conversations.



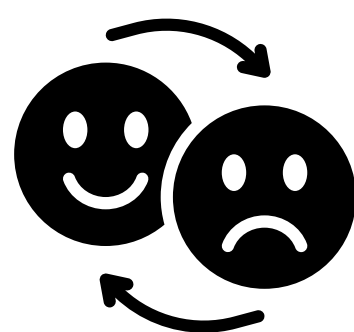
Hopelessness and Feeling Misunderstood

They might express that no one understands them or that things will never get better.



Sudden Behavioral Shifts

Noticeable changes in mood, habits, or school performance can signal deeper emotional distress.



Exposure to Harmful Environments

Bullying, abuse, or ongoing family conflict can make home feel unsafe or unbearable.



Mental Health Struggles

Signs of depression or anxiety – such as sadness, panic, or withdrawal – may become more visible.



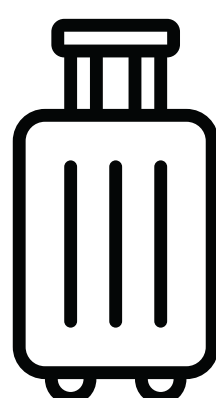
Talk of Escape

Statements about running away or disappearing should always be taken seriously.



Secretive Preparation

Youth may begin hiding money or packing belongings without explanation.



Risky Online Behaviour

Spending excessive time online, or engaging with unknown contacts can be a red flag.



Loss of Interest or Responsibility

Avoiding school, chores, or hobbies may reflect overwhelmed emotions or disengagement.



Farewell Messages

Leaving notes or messages that suggest escape may indicate imminent risk.

