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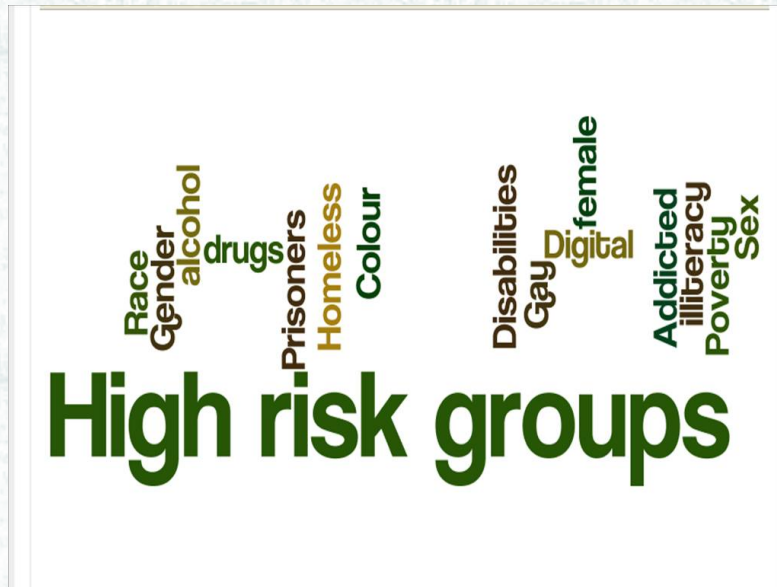


Social Exclusion

Psychological suffering and social exclusion are often experienced by students who find themselves dressed in the victim's role through repeated humiliations acted out by bullies.



Risky Factors



Social exclusion deriving from bullying increases if matched with other risky factors such as poverty, poor physical and mental health, lack of emotional support from friends and family, limited access to good-quality public services.

Social retreat

Social retirement concerns those teenagers who, starting from social and school phobia, abandon all relationships and social contacts to lock themselves. They often replace them leading frantic online activities such as endless video game, movies and virtual contacts. In some cases the night time rhythm is inverted so guys sleep in the day and wake up in the night.



Social Phobia

It is the fear of being involved in social situations (a party for example but also getting into a room already filled with other people) and receiving negative judgments. Just before these events they start to experience a strong anxiety.



Depression

The typical emotions of depression caused by bullying are sadness, anguish, despair, dissatisfaction, sense of helplessness, loss of hope, sense of void. Cognitive symptoms are the difficulty in making decisions and solving problems, self-criticism, catastrophic and pessimistic thoughts



Self-injury issues (self-injury, eating disorders)

Adolescent self-injury is associated with depression, stress, anxiety, social isolation, bullying and low school performance. The most common acts are skin cuts, burning, scratching, body hitting, biting, hair pulling, toxic substances ingesting, anorexia and bulimia.



How to face Social Emargination

Feeling excluded can be difficult, especially for adolescents. They should realize it is not their fault if they feel banned and be conscious uneasy moments of life can be tackled. Unfair relationships with peers can be solved by trusting an adult.

The sensation of being heard and understood can improve mood significantly



Broadening friends' circle

Often, when a person feels marginalized in a school environment, he or she can rely on people who belong to other contexts such as sports'. By diversifying attendance groups, there will be more opportunities to make new friends:



Focusing on own's passions

Joining a sports team, a theatrical workshop, an art course, a camp or other activities will prevent from feeling obsessed by the idea of being alone.



Increasing self-esteem

Dedicating oneself to congenial activities can result in increasing confidence. Those who have self-esteem attract other people, so learning to evaluate oneself will increase contacts.



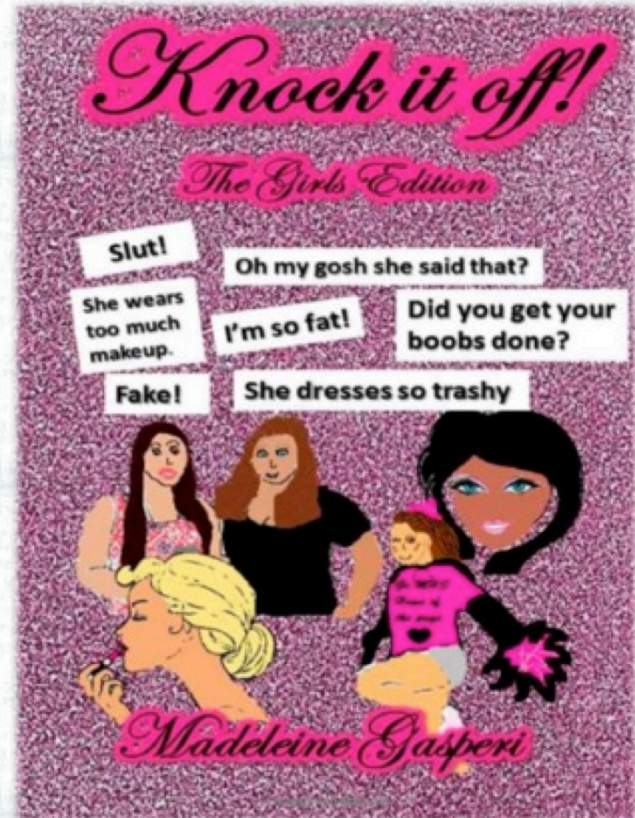
Movie: Charlie Bartlett

The 2007 movie tells the story of a wealthy teenager who after being expelled from several private academies for various infractions – enrolls in a public school. Unable to fit in with most of his fellow students, Charlie forms an alliance with a school bully. Charlie's social life noticeably improves as he gains the confidence and admiration of the students' council. The film ends with Charlie applying for a summer internship at a psychiatric institute



A Magazine: Knock It Off!: The Girls' Edition

In today's society, it is very common for girls to say some pretty vicious things to each others. This is especially common in high schools.!



A book: Beneath the Skin by Kyla Stone

Her mom's a drunk. Her dad's worse. At school, she's betrayed and bullied by her ex-best friend. Cutting used to bring her relief, but not anymore. When Sidney punches a kid to protect her little brother, she's forced into group counseling with perfect, popular Arianna. But Arianna has secrets of her own. Sidney's wounds go deeper. As her father's abuse escalates, her secrets threaten to unravel her.



A song: The Bully by Robin Williams

...»Never test the temper of a patient man
You've been tryin to be understood & boy do I understand
When you die, the world's gonna be lighter
See the heart of the champion, thru the, eye of the tiger
I simply don't care, if you hate me or love me
Pass me the pistol; shoot the bully
hooo haa..##..hooo haa..##..hooo haa..##
The bully the bully the bully the bully»....