

Name \_\_\_\_\_ Class \_\_\_\_\_

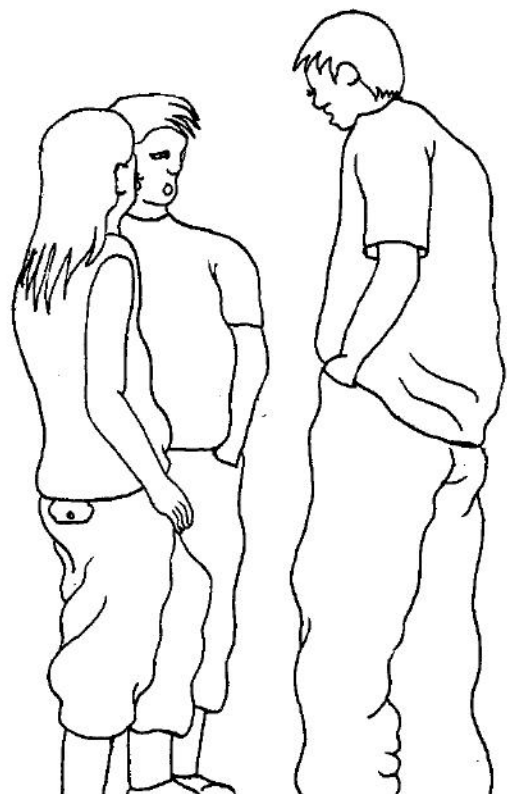
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### Exclusion As Bullying

Most kids like you have been excluded a time or two in their life, and so you probably know it doesn't feel good. The nicest thing to do is to try and include everyone. We should always try our best to create a world where everyone is made to feel welcome and nobody is ever made to feel excluded.

Of course, there may be times when including everyone simply isn't practical. In these situations, it's certainly okay to politely say that you just want to be by yourselves. You might say that you're doing something special together, and perhaps they can join you in an activity some other time. This isn't bullying, because we're not excluding someone to make them feel bad or because we want to make them upset.

But when you continually exclude someone for no good reason, or when you do it because they're different or just to be mean to them, that can be a type of bullying. If you're intentionally trying to make someone feel unwelcome or make them feel like an outsider who doesn't belong, that's bullying.



In the space below, write down an example of exclusion bullying:

If you were doing something with your friends and a new girl wanted to join you, but you were playing and didn't want one more person right now, what might you say to let her know this without hurting her feelings?

What could you do later to make her feel like part of the group?