

### Examples of Ostracism:

- Excluding a group member
- Bullying to drive someone away
- Giving the silent treatment
- Ignoring someone
- Not letting people play the game

### Why do people exclude others?

- To control other people
- Because they are angry
- Peer pressure to exclude someone
- It may make the excluders feel powerful

**Ostracism: Being ignored or excluded by a person or a group**

### How does it feel to be excluded?

- Sad, Mad, Alone, Terrible, Helpless
- Feel depressed or want to hurt others who exclude us.
- Can't concentrate at home or at school

### What can you do if you know someone who is being ostracized?

- Include him/her in an activity you think he/she might enjoy. Sometimes just talking with someone can help.
- Encourage him/her to discuss the situation with a trusted adult, such as a teacher, a parent, or a close friend.



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