



## ***Activity: Being Included or Being Left Out***

**Topics included:** Cyber-exclusion

**PLEASE BE AWARE:** THIS LESSON MAY CAUSE YOUTH TO THINK ABOUT A SITUATION THEY HAVE ALREADY EXPERIENCED OR ARE CURRENTLY EXPERIENCING. IF THEY HAVE HAD A SIMILAR EXPERIENCE AS OUTLINED BELOW, THEY MAY OR MAY NOT HAVE TOLD A PARENT. PLEASE BE OBSERVANT AND NOTICE ANY CHANGES IN APPEARANCE, BEHAVIOR, OR MOOD.

ANNOUNCE THAT YOU ARE AVAILABLE TO TALK PRIVATELY AFTER CLASS WITH ANYONE THAT NEEDS HELP. TALK WITH ANY STRUGGLING STUDENTS PRIVATELY AND ASSURE THEM YOU CAN HELP. ALWAYS REFER STUDENTS TO THE APPROPRIATE ADMINISTRATOR IN THE SCHOOL TO HELP THE STUDENT AND ALWAYS NOTIFY A PARENT.

### **Lesson Overview:**

This lesson is designed to encourage students to appropriately engage digitally so that they are not excluding others and so that they cope if others exclude them.

### **Key Ideas:**

- A. Making good decisions/fitting in
- B. Digital appropriateness
- C. Making others feel included
- D. Being strong if you are excluded

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### **Instructional Activities:**

*Share the following with students:*

Social engagement is ever-changing. The way we interact due to technology and those changes sometimes leaves us feeling left out; other times we are the ones who are excluding others, whether its intentional or not. Before social media platforms, groups of friends did things together, and not everyone in the group was invited at times; maybe someone was missing because they had a prior commitment. Whatever the reason, before social media, there wasn't pressure to include everyone, there wasn't pressure to be at every event, and there wasn't the ability to make someone feel excluded in the way that it occurs now. Before social media, if you weren't at an event, for whatever reason, you may have heard about it afterward and felt upset briefly, but everyone quickly moved on and forgot about it. In today's society, often people are posting at an activity or event with friends. If someone is not included, there is greater opportunity for feelings of exclusion and isolation.

**Discussion:**

Ask students to share a time that their real (not virtual) friends engaged in an activity together that they were not invited to.

- A. How did they feel?
- B. Ask students if they have ever planned an activity and not invited a particular friend(s). If so, why?
- C. How do you think that friend felt when they saw the activity happening in real time on social media?

**Do a Think-Pair-Share\***

Ask: If there comes a time when you are left out of an activity and see it happening, what are some things you can do to occupy yourself and/or make yourself feel better?

*\*A Think-Pair-Share is an activity where you give students time to think on their own then pair with a partner to discuss their thoughts. Finally, you choose pairs to share with the whole group.*

Once the discussion has commenced, share the following article:

<https://yourteenmag.com/technology/fomo>.

Once students have read it, debrief the article with them.

**Social-Emotional Learning:**

- A. Is it ok to sometimes leave someone out of an activity? Does everyone always have to be included in every activity?
- B. If you are excluded and feeling bad about it, is it healthy for you to watch it happening on social media?

**Assessment:**

Name 3 ways to distract yourself if you have been excluded.

**Additional Resource:**

10 Ways to Overcome Fear of Missing Out (FOMO)

<https://www.psychologytoday.com/us/blog/stronger-the-broken-places/201501/10-ways-overcome-fear-missing-out>