



HMWS
Healthy Minds, Wellbeing at School

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Erasmus+ project “Healthy Minds – Wellbeing at School”

www.healthymindsproject.net

SELF-TEACH WORKBOOK

Social exclusion, unit 13

TIME ASSIGNED: 1 HOUR

Worksheet 1, Reflections

Answer the questions below. The task is to reflect, there are no right or wrong answers.

1. What do you think about social exclusion and its effects on the individual and on the society?

2. Is there a relation between Digital exclusion (no cell phone, no Internet connection, no skills in using computers/iPads etc.) and social exclusion?

3. Which groups are at particular risk of social exclusion, do you think? Why?

Worksheet 2, Word definition

Write definitions to the words below:

1. Social exclusion

2. Alienation

3. Norm-critical approach

4. Tolerance

5. Equality

Worksheet 3, Facts and reflections

Social exclusion is when groups and/or individuals are left outside the society. Answer the questions below. You might need to search for the answers on the Internet or from other sources.

1. How might people be excluded from society? List at least 5 reasons.
2. How does unemployment and poverty effect the possibilities to be socially included, do you think? Why?
3. Are there any difficulties to be socially included if you are suffering from health issues? Explain and develop your answer.
4. Explain why discrimination can affect social exclusion. How?
5. In order to effectively prevent and remedy the risk of exclusion for socially excluded people – what do you suggest we need to reform in society?

Worksheet 4, Writing a message to the school board

Write a message to your school board. Name your message "Social inclusion is important to everyone in our school". Begin the message with a short description of the concept social exclusion. Describe how it effects the individual and why it is bad for the whole school. Give also some examples of discrimination and exclusion you have discovered exists at your school. Finish by listing at least five examples of effort that the school board, the teachers and other staff and the student can make at school to make all students feel socially included. (maximum 1 A4-page)

A large, empty rectangular box with a thin black border, intended for the student to write their message to the school board. The box occupies most of the lower half of the page.

Social exclusion, worksheet 5

Analyse the images so that you can identify the causes of social exclusion:



Cause of social exclusion:
In what ways can it effect on social exclusion?



Cause of social exclusion:
In what ways can it effect on social exclusion?



Cause of social exclusion:
In what ways can it effect on social exclusion?

