

## Fairness

### What to do about exclusion?

#### If your being excluded:

- Talk to someone who knows you and cares for you and your well-being
- Exercise or take a walk
- Reflect on who is in your life who cares for you
- Do a creative activity like art, music or writing in a journal
- Use positive self talk to reassure and encourage yourself from the inside out
- Help someone else. Studies have shown this is an immediate mood-lifter

#### If you see someone being excluded:

- Ask yourself if the person being excluded may feel if you reached out to him or her.
- Consider a kind act/ include the person in a group activity you are part of

#### If you are in a position to exclude someone:

Ask yourself, why do you want to exclude this person. Is it for legitimate reasons?

Think of the impact this will make on the person's life



