

Isolated/loner

Concern

Students who struggle with social isolation, characterized by lacking friends, minimal social and interactive skills, being picked on by other kids, refusing to engage with teachers, or disengaging from learning community.

Description

These students are socially isolated through some combination of factors related to their own temperament, their learning style, extreme shyness, and rejection by peers. They are typically anxious, insecure and cautious, and often have a negative self-image.

Social isolation and being a target of bullies often go hand in hand. Socially isolated students are easier to victimize because they lack a clear zone of safety around them. They rarely defend themselves or retaliate when confronted by students who bully them. The act of being bullied tends to increase some students' isolation because their peers may not want to jeopardize either popularity or their own safety by association with victims. Being bullied often leads to depression and low self-esteem, problems that can lead to substance abuse and absenteeism. Depression and substance abuse can carry into adulthood with devastating effects on academic, economic and personal success.

The major defining characteristic of victims is that they tend to be considered physically weaker – which does not always mean smaller - than their peers. Other physical characteristics such as weight, dress, or wearing eyeglasses do not appear to be significantly correlated with victimization. Mental disabilities and emotional disorders are high risk factors for students in this area.

In addition to the computer-based skill training in the scope and sequence, find tasks these students can do for the group to help bond them to peers. They are also ideal candidates to track and tally positive social behavior by classmates.

Goals of intervention - students will:

- Identify goals for themselves
- Develop self-confidence
- Master self-calming techniques
- Develop assertiveness
- Build social skills
- Strengthen bonds to school
- Strengthen bonds to peers

A suggested scope and sequence - Teens

Self-understanding

Strengths
Learning style
Goals
Shyness
Temperament
Self-confidence
Self-efficacy

Connecting to others

Active listening
Paraphrasing
Groups -joining

Compliment - giving
Compliment - receiving
Asking for help
Loner
Left out
Group - discussions
Bullied
Communication skills
Connecting with others
Community
Picked on by peers
Ignored
Curiosity

Assertiveness

Asserting yourself

Managing feelings

Relaxing
Anxiety
Depression
Managing feelings
Stress
Substance abuse
Loneliness

A suggested scope and sequence - Kids

Self-understanding

Strengths
Learning style
Goals
Shy
Self-esteem
Liking yourself

Connecting to others

Listening
Group -joining
Compliments
Asking questions
Help - getting it
Making friends
Left out
Bullied
Connecting with others
Picked on by peers

Assertiveness

Assertiveness

Managing feelings

Lonely
Relaxing
Anxious
Managing feelings
Drugs