

# Social Rejection

## Summary

Being alone, feeling lonely and feeling rejection are all very different experiences. If you are feeling lonely or rejection there are positive ways to cope with your situation.

## Time Frame

1 class periods of 70 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning, Character, Social & Civic Responsibility

## Materials

- Bell Ringer Cards for each student
- Where's My Group Handouts
- Social Rejection PowerPoint Presentation
- Social Rejection Study Guide Handout
- Feeling Lonely or Being Alone Case Studies
- Reasons for Rejection Teacher Information
- Ways to Cope Teacher Information
- Rejection in the News Homework Assignment

## Intended Learning Outcomes

Identify circumstances that might lead to social rejection and examine ways to cope positively with these situations.

## Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Social Rejection Lesson Plan" attachment.

## Assessment Plan

Encourage the students to participate in the activities and record notes on their study guide from the PowerPoint presentation. The homework assignment is "Rejection in the News". Hand out the assignment, review and explain how it is to be done. This assignment will be due next class period.

## Bibliography

- [Teen Living Curriculum Guide](#)  
from the Utah State Office of Education
- Jackson, T. (1993). *Activities That Teach*. Cedar City: Red Rock Publishing.
- Jackson, T. (2000). *Still More Activities That Teach*. Cedar City: Red Rock Publishing.

## Authors

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