

Feeling like You Don't Fit in?



Read on
you're not
alone!



Education Resource
Psychological Services

What's it like when you feel like you don't fit in?

You might think like this

- 🌧️ Everyone's watching me
- 🌧️ Everyone's waiting for me to slip up
- 🌧️ I hate this school
- 🌧️ I don't want anyone else to feel like I do in school
- 🌧️ I can't trust people
- 🌧️ Everyone has negative thoughts about me
- 🌧️ People say they care but they don't mean it
- 🌧️ I want to hurt myself
- 🌧️ People don't understand me
- 🌧️ Everyone's judging me



You might feel like this



I feel **fed up**



I feel **angry**



I feel **misunderstood**



I feel **sad**



I feel **lonely**



I feel **upset** and tearful



I feel **anxious** (to walk past people and be on my own)



I feel **worried** (on a Sunday night and going from class to class)



I feel **distracted** (can't think about school work)



You might behave like this



I change my route or stop and chat to someone so I don't have to walk past people



I leave my class early to get to my next safe place



I walk as quickly as possible from one safe place to another



I hurt myself



I moan at other people around me



I avoid busy areas with lots of people



I don't talk to anyone



I don't look at anyone



I pretend I'm on the phone to blend in



I question who to trust



I cry



What can you do to feel better?

These things have helped other people and they could help you

- Knowing that there are people out there who feel the same (getting connected to people in school or online)
- Asking friends for help (getting a helping hand from people you trust)
- Allowing friends to ask for help on your behalf
- Having an identified place to go to in school that is safe (especially when you feel unsafe)
- Talking to people that care (having someone to 'let go' with)
- Helping other people feel better (this might help you feel better)
- Being around people you care about (even just sitting, chatting, watching TV or eating together)
- Doing something relaxing (like having a bath)
- Doing something you really enjoy
- Blocking out negative thoughts by distracting yourself with other activities like...
 - Listening to happy music (maybe with headphones on)
 - Reading a book (positive words in a book can replace people's negative words)
 - Drawing
 - Watching a film or TV
 - Playing sport or getting fit
 - Going for a walk or being outdoors
- Finding **real** friends. These are people who...
 - Tell you things back (you tell them your personal things and they tell you theirs)
 - You trust
 - You don't have to change yourself for (you can be who you are with them)
 - Will accept your good and bad parts
 - You don't have to watch what you say around

Where can you look for help?

Online

ChildLine

www.childline.org.uk

The Mix

www.themix.org.uk

Kooth

<https://kooth.com>

Anxiety UK

www.anxietyuk.org.uk

The Anti-Bullying Network

www.antibullying.net

SAMH

www.samh.org.uk

Moodcafe

www.moodcafe.co.uk

Bullying UK

www.bullying.co.uk

Respectme

www.respectme.org.uk

Young Minds

www.youngminds.org.uk

In School

- Your Pupil Support Teacher
- The Depute Head for your year group
- Another teacher or member of support staff you get on well with
- The Educational Psychologist for your school (you can ask your Pupil Support Teacher who this is)

Thanks to RMCL and YM, pupils from Calderside Academy who developed this leaflet.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.
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