

ACTIVITY

- 1 In groups, discuss the effects of exclusion on development. Think of any positive effects.
- 2 Carry out a 'hot-seating' activity. Take turns to play a character experiencing a life event listed below. Others in the group will ask questions about the effects on their development.
 - Select a life circumstance and an individual from a relevant life stage.
 - In your character, answer questions from other students about the effects life circumstances have had on areas of your development.
- 3 Watch a video clip about an individual coping with redundancy. Discuss in your group. Make notes about how redundancy has affected the individual.

Life circumstances that are particularly difficult will have negative effects on development but, as people come to terms with the event, they may also have some positive effects, as Table 1.9 shows.

Table 1.9: The positive and negative effects of some life circumstances

Life circumstances	Possible positive effects	Possible negative effects
Moving house	Excitement because of new experiences, opportunities to meet new people and discover new areas	<ul style="list-style-type: none"> • Anxiety and stress at the physical and mental pressures of moving • Possible loss of close friends/neighbours
Starting or moving school	Opportunities to build new friendships and relationships and learn new things	<ul style="list-style-type: none"> • Anxiety about learning new routines and building relationships • Young children may feel insecure when leaving parents for the first time
Exclusion from education	May remove the stress that caused the exclusion	<ul style="list-style-type: none"> • Can lower self-image and self-esteem • Missed schooling may affect learning and loss of friendships
Redundancy	Opportunities to take on new/different challenges or career	<ul style="list-style-type: none"> • Can lower self-image and self-esteem • Loss of earning may impact on diet/lifestyle choices, ability to socialise
Imprisonment	May provide opportunities for: <ul style="list-style-type: none"> • learning • developing new skills • making different life choices 	<ul style="list-style-type: none"> • Can lower self-image and self-esteem • Loss of independence • Loss of social contact
Changes to standards of living	Improved standards of living can mean a healthier lifestyle, which improves security, self-esteem, contentment	<ul style="list-style-type: none"> • A poorer standard of living may mean unsuitable housing and poorer diet – these can increase the risk of illness and cause stress
Retirement	<ul style="list-style-type: none"> • Reduced stress • More time to spend with family • More time to take on new interests and hobbies 	<ul style="list-style-type: none"> • Loss of relationships with colleagues • Loss of self-image if people lack purpose in life • Fewer opportunities for intellectual challenge

CHECK MY LEARNING

Make links from your notes on the impact of redundancy on the individual's physical, intellectual, emotional and social development.

GETTING STARTED

Did you ever move house or do you know someone who did? What were the effects on your or their development?

Life circumstances

Life circumstances may be expected or unexpected.

Circumstances such as redundancy (losing a job) are often unexpected and can be quite a shock to an individual.

- The person's lifestyle will change abruptly, which may affect their emotions.
- Even if there are good reasons, they are likely to feel unwanted. This may have a considerable impact on a person's self-image.
- They may also lose friendships and relationships they have built at work.

In the long term there may be positive effects if the person is able to find new work opportunities.

In contrast, moving house may be expected or unexpected. The impact of moving house will depend on reasons for the move.

- A planned move through choice to a better house and neighbourhood is more likely to be a positive experience for individuals.
- Having to move because a person cannot afford to live in their home anymore will cause a great deal of emotional stress.

Exclusion: a case study



Meet AJ. He started at New Road Academy just over a year ago. AJ's mother is worried that he goes around with the 'wrong crowd', who have used peer pressure to get him to do things such as stealing and causing fights.

AJ has been disruptive in class for several months now. He has had several warnings for bullying and last week he hurt another student so badly they had to go to hospital. AJ has now been excluded from school. AJ's mother is worried about the effect exclusion will have on his development. She is concerned that it may affect his:

- learning and prospects for going to college or having a career
- self-image, lowering his self-esteem
- social development, if he is excluded from friendship groups
- physical development, without opportunities for sport in school.