



Tips for Teens to Overcome Social Rejection

Belonging to a social group is a crucial part of our development and an important need as well. It gives individual a sense of identity and belongingness.

But what if someone has to face social rejection?

- Help teens to reflect back on the situation rather than internalizing the rejection. Help them understand that rejection doesn't define their worth.
- Help teens to build a support system they can rely in times of need and enabling them to realise their worth is not limited to a particular social group.
- Assist them in recognising that obstacles are a normal part of life and recovering from them is a skill.
- Motivate teenagers to try out new hobbies or interests so that they can connect with people who share their interests.
- Help them develop social skills so as to promote stronger relationships. - Help them develop positive self-talk.
- Teens need to know that not all social interactions will result in friendships, and that's acceptable.

Teach kids how to love themselves. Loving oneself can help achieve a lot of things and for teens it is a necessity cause once they go on the downward spiral, its tough to help them and make them understand certain things

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