

Useful Resources on Exclusion Bullying and Group Dynamics (UK)

Anti-Bullying Alliance (ABA)

UK-wide resource hub for anti-bullying guidance, including exclusion and group bullying.

<https://anti-bullyingalliance.org.uk>

NSPCC - Bullying and Cyberbullying

Includes information about social bullying and feeling left out.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying>

YoungMinds - Help with Bullying

Mental health advice for children experiencing bullying or exclusion.

<https://www.youngminds.org.uk/young-person/my-feelings/bullying>

Childline - Being Left Out

Advice specifically for children dealing with exclusion from friendship groups.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/being-left-out>

Mind - Mental Health Support

Information on stress, group dynamics, and building resilience.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

Parent Zone

Articles on peer pressure, belonging, and navigating group behaviour in digital spaces.

<https://parentzone.org.uk>

If you found this helpful, please consider donating to Act Against Bullying.

