



**EXPERIENCES OF
DISCRIMINATION AND
SOCIAL EXCLUSION**

#1

WHY DO THEY AFFECT US?

1. They touch our identity
2. They reactivate painful memories
3. They make us feel invisible or unacknowledged
4. They can freeze our response



*Even a light comment
can leave a deep mark*

#2

AN EXAMPLE:

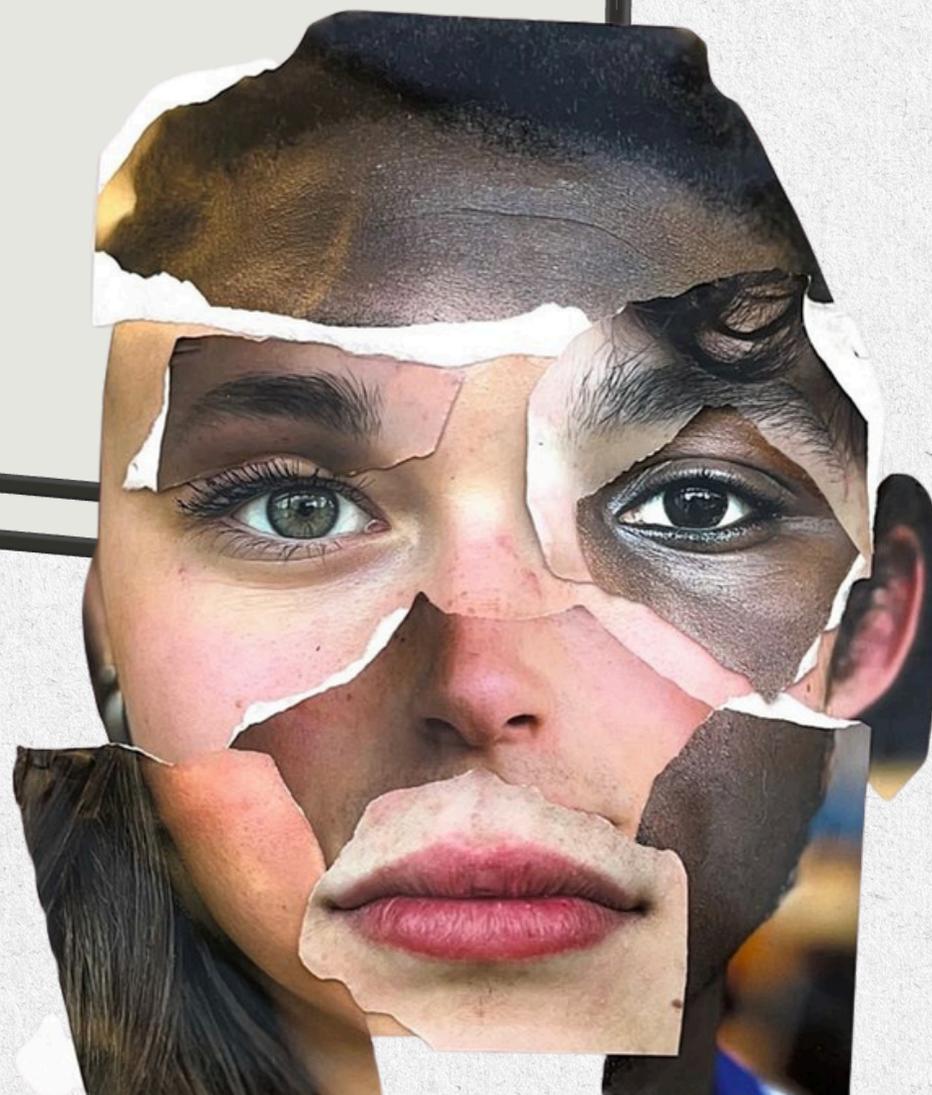
"Someone made a joke about my accent. Everyone was laughing - to them it was nothing... but I felt out of place."



#3

DISCRIMINATION: WHAT IS IT?

Unfair treatment based on a personal characteristic: origin, accent, gender, body, orientation, disability. It is a direct action that creates social disadvantage.



#4

SOCIAL EXCLUSION: WHAT IS IT?

When you are not considered,
listened to, or included.

When opportunities 'don't reach
you.'

It is **quieter** and **more hidden**.



#5

RISK FACTORS



1. Similar experiences in the past
2. Isolation and lack of support
3. Environments that normalize aggression
4. Moments of identity insecurity



#6

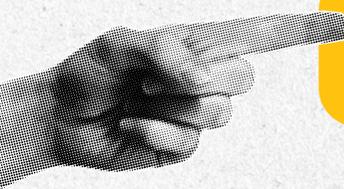
PROTECTIVE FACTORS

1. Relationships where you feel welcomed
2. Confidence in your own identity
3. Inclusive settings (schools, universities, workplaces)
4. Positive experiences with diversity

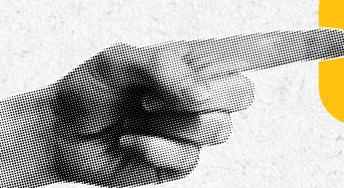


#7

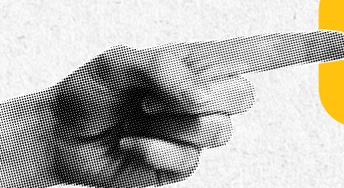
WHAT CAN HELP IN DIFFICULT MOMENTS



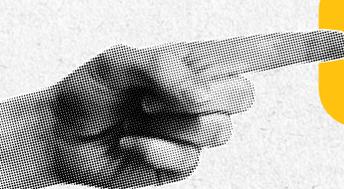
Pause and listen to what you're feeling



Talk to someone you trust



Reconnect with what gives you strength



Find a safe space to share your emotions



#8

THE HERE4U PROJECT

Are you between 14 and 24 years old?

If you're lonely, confused, or sad, Here4U is a free and anonymous service that connects you with psychologists, even in your own language.

**CONTACT US VIA
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