



Hvordan opplever elevene utenforskap?

Ved VTU



INNHOLD

01

UTENFORSKAP

Here you could describe the topic of the section

02

ENSOMHET

Here you could describe the topic of the section

03

RUSSETID

Here you could describe the topic of the section

04

HVA KAN VI GJØRE

Here you could describe the topic of the section



The background features large, soft-edged, light beige shapes. Scattered throughout are various teal-colored decorative elements: a cluster of dots in the top right, a spiral in the middle right, a small dot in the middle left, a dashed grid in the bottom left, and a cursive 'lll' in the bottom left.

01

Utenforskap på skolen

Utenforskap på skolen - handlingsplanen



- 01** Bygge opp under mangfold og redusere sosial ulikhet gjennom å styrke samholdet mellom elever og ansatte (HEI-UKA)
- 02** Klassens time skal bli brukt aktivt for å skape trygge miljøer og ta opp temaer som ellers ikke finner sted i skolehverdagen.

- 03** Styrke elevrådets rolle på skolene. Understreke viktigheten av elevdemokrati overfor skoleledelsene



02

Ensomhet





ENSOMHET



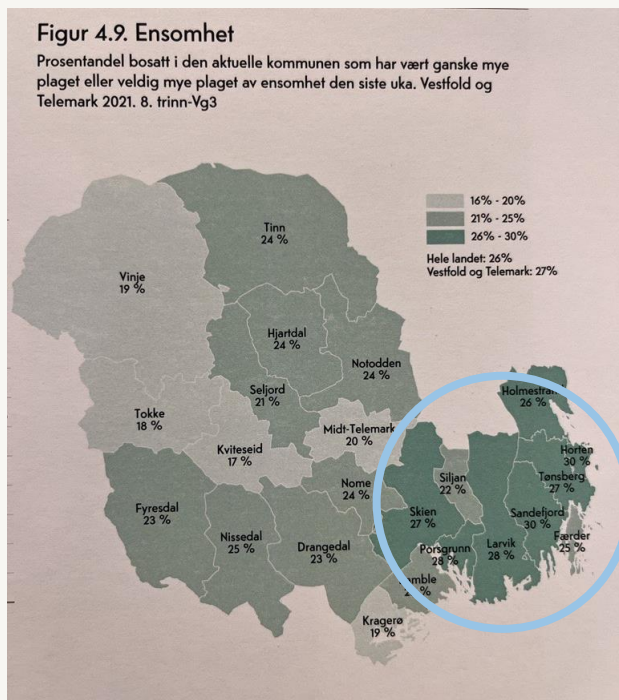
Vi føler alle på ensomhet fra tid til annen, her er noen eksempler fra skolehverdagen:

- Når man ikke har noen å spise lunsj med i kantina
- Når man har begynt på en ny skole et nytt sted
- Når du ikke er invitert med på den festen
- Når du gjør det bra på en prøve men ikke har noen å fortelle det til

Det som er synd er når følelsen av ensomhet blir varende.



Ungdata resultater – ensomhet (2021)



● VENNER

1 av 4 har vært plaget av ensomhet den siste uken.
93% har noen å være med på fritiden

● ENSOMHET

Prosentandel som har vært ganske mye eller veldig mye plaget av ensomhet den siste uke

The background features large, flowing, light beige organic shapes. Scattered throughout are various teal-colored decorative elements: a cluster of dots in the top right, a spiral in the middle right, a small cluster of dots on the left, a series of parallel lines in the bottom left, and a cursive 'lll' pattern in the bottom left.

03

Russetiden



- Elevene anerkjenner at russekulturen kan være problematisk, og mener at fylkeskommunen burde tilrettelegge for en mer inkluderende russefeiring. Det kan tilrettelegges ved eksempelvis et felles russestyre for alle skolene, fylkeskommunen kan bevilge penger til skolegensere for avgangskull og det kan også utarbeides en handlingsplan for en felles og aktiv russefeiring. - Vestfoldelevne



04

Hva kan dere gjøre?

Psykososialt
Rammebehov
Læringsmiljø





Hva kan dere gjøre?

- Felles arrangementer for russen og avgangselever
- Tilrettelegge for flere aktiviteter innad i klassen og felles for skolen
- Større andel av fylkesbudsjettet burde gå til utdanning
- Flere og mer tilgjengelige skole ansatte som f.eks miljø terapeuter og miljøarbeidere
- Fritidstilbudet skal være bredt og tilgjengelig for ungdom i hele fylket



PATIENT MEDICAL HISTORY

2005

Doesn't like to interact with other people

2008

Less and less predisposed to attend social gatherings

2014

He or she gets away from all his friends and from himself



PHYSICAL EXAMINATION



SADNESS

Discouragement to perform any activity

CRYING

Crying from time to time without being able to control it

BODY DISORDER

Feeling immobile, fatigue, as if gained weight



REVIEW OF SYSTEMS



ANXIETY

Despite being red,
Mars is a cold place



UNHAPPINESS

Mercury is the
smallest planet



WEAKNESS

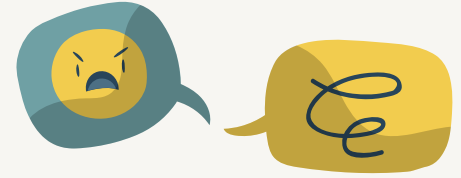
Venus has a
beautiful name



UNHEALTHY

Saturn is a gas
giant and has rings

TIMELINE



FIRST CIVILIZATIONS

You grew up and lived in groups of 150 people



WESTERN SOCIETY

Started talking about individualism as a person



MODERN WORLD

High sociability doesn't mean less loneliness

EPIDEMIC OF LONELINESS



DEPOPULATION IN THE VILLAGES

When modern life arrived, people left cattle jobs and left the villages

RAPID GROWTH OF CITIES

Cities grew. We moved away from collectivism and focused on the self

INDUSTRIAL REVOLUTION

Loneliness was more likely than ever: work, love, daily routine, etc.



**IF YOU WANT TO LIVE LONGER,
SPEND LESS TIME ALONE**



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FINDINGS

- The average number of close friends in the US

1988

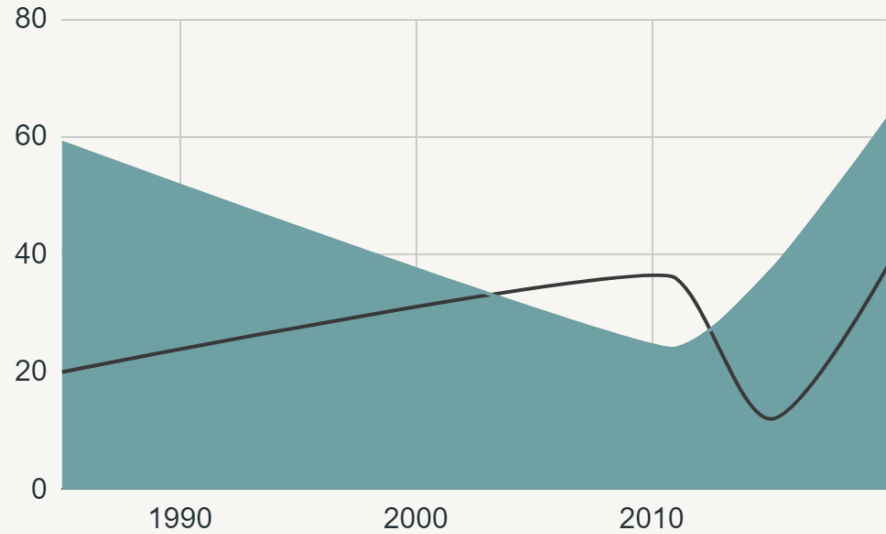
The average number of close friends is three

2011

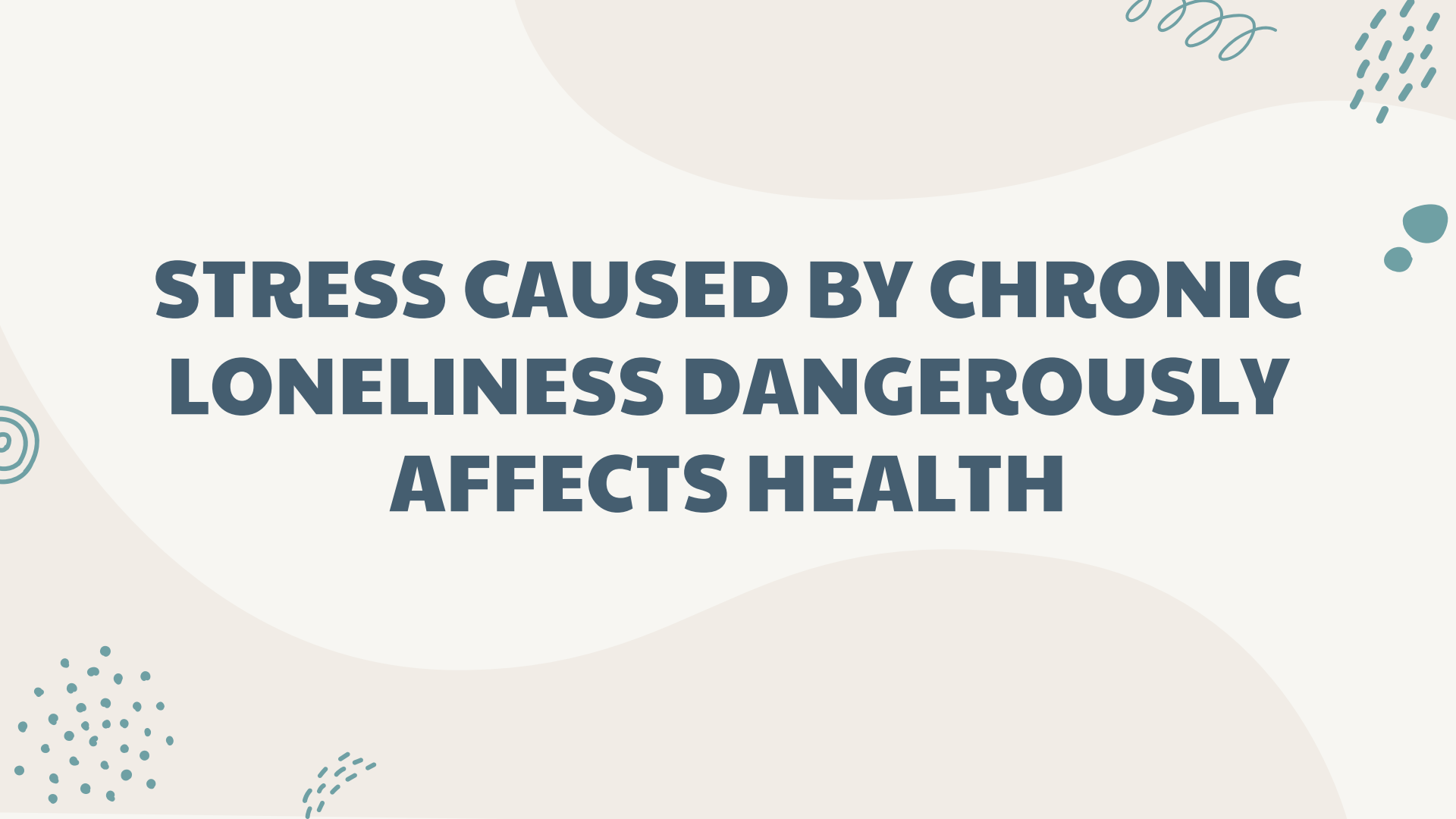
Years later, this average drops to two

2016

Finally, the average of close friends is one



To modify this graph, click on it, follow the link, change the data and paste the new graph here

The background features a light beige base with large, flowing, organic shapes in a muted teal color. Scattered throughout are various small, stylized patterns: a cluster of dots in the bottom left, a series of parallel lines in the top right, a spiral in the middle left, and a small cluster of dots in the bottom center.

STRESS CAUSED BY CHRONIC LONELINESS DANGEROUSLY AFFECTS HEALTH



HOW LONELINESS KILLS



INSOMNIA

Insomnia or hypersomnia,
frequent problems



APATHY

Disinterest in doing any
social activities



OBESITY

Due to sedentary lifestyle
or inactivity



DEPRESSION

Feelings of excessive guilt
about yourself



DISCOMFORT

Headaches may be
persistent



DEPENDENCE

Continuous reliance on
social networking sites



SELF-PRESERVATION MODE

NEGATIVE

You turn everything into negative things

DISTRUST

You tend to mistrust your friends and family



EVIL

Good intentions towards yourself are seen as bad

COLDNESS

You become a cold and unfriendly person

The background features a light beige color with large, soft-edged abstract shapes in a slightly darker beige. In the top right corner, there are several small teal circles and a cluster of dots. In the bottom left corner, there are more teal circles and a pattern of diagonal dashed lines. On the right edge, there are concentric circles and a pattern of dots.

50,000

Our body and mind is as old as the human race and our
biology tells us that we need someone to be with us

COMPARISON



	HAPPY	SAD	RELAXED	ANGRY
Insomnia	✓	✗	✓	✗
Energy	✓	✗	✓	✗
Comfort	✓	✗	✓	✗

333,000.00

Earths is the Sun's mass

24h 37m 01s

Is Jupiter's rotation period

386,000

km

Between Earth and the Moon

DISCUSSION



**DR. JENNA
DOE**

“Mercury is the
closest planet to
the Sun”



**DR. JOHN
JAMES**

“Venus has a
beautiful name
and is very hot”



**DR. DANIEL
POTTER**

“Saturn planet is
a gas giant
of hydrogen”



**DR. ROBERTA
BLAESE**

“It’s a gas giant
and also the
biggest planet”

PATIENT MONITORING

WEEK 1

Mars is a cold place



Venus is nice name



WEEK 2

Mars



Venus



First Phase



Second Phase

WEEK 3

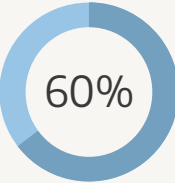
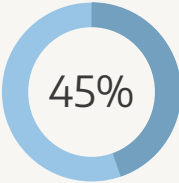
Mercury is the closest



Jupiter is the biggest



WEEK 4



Psykososiale tiltak



EXERCISE 1

Contact someone today even if you feel a little lonely. Brighten the day for the other person



EXERCISE 2

Go somewhere that is usually embarrassing for you, such as a social event, for example



INDICATIONS & CONTRAINDICATIONS



- Go talk and have fun with your friends
- Spend one day a week with your family
- Look at the bright side of things



- Loneliness makes you age faster
- Makes Alzheimer's progress faster
- Your immune system becomes weaker

POST-PREVENTION



RECOGNIZE

Let go of feelings of sadness so that thoughts about yourself and others are not negative



SELF-EXAMINATION

Analyze and focus your attention on positive things. Don't add negativity to things



TO ACCEPT

Accepting loneliness is a normal feeling and there is no need to be ashamed

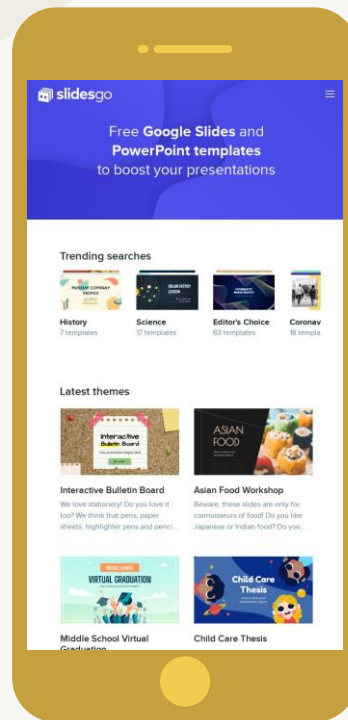


OPEN YOUR MIND

Open yourself to the world and avoid protecting yourself. Avoid excuses for not meeting people

MOBILE APP

You can replace the image on the screen with your own work. Just delete this one, add yours and center it properly





CASE TIMELINE

MERCURY

Mercury is the closest planet to the Sun

DAY 1

DAY 2

JUPITER

It's a gas giant and also the biggest planet

SATURN

Saturn is a gas giant and has rings

DAY 3

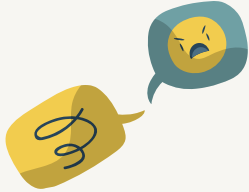
DAY 4

VENUS

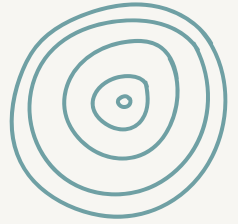
Venus has a very beautiful name



CONCLUSIONS



The goal is to open up a bit so that you can exercise your muscles of connection with others. This way, you'll be stronger over time or make other people stronger



REFERENCES

- AUTHOR (YEAR). *Title of the publication. Publisher*
- AUTHOR (YEAR). *Title of the publication. Publisher*
- AUTHOR (YEAR). *Title of the publication. Publisher*
- AUTHOR (YEAR). *Title of the publication. Publisher*
- AUTHOR (YEAR). *Title of the publication. Publisher*

OUR TEAM



Dr. Jenna Doe

You can replace the
image on the screen
with your own



Dr. Hannah Will

You can replace the
image on the screen
with your own

TAKK!

Har dere noen spørsmål?



@vestfoldogtelemarkungdom

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik**

ALTERNATIVE RESOURCES



RESOURCES

VECTOR

- Collection of urban coloured houses with trees
- Teamwork concept illustration
- Organic farming concept
- Greeting in the new normal
- Gender violence concept
- Stop bullying concept
- People watching breaking news on the phone
- Racism illustration concept
- Cabin fever illustration concept
- Immune system concept

- Different mental disorders concept
- Fomo vs jomo concept
- Group therapy concept
- Choice of worker concept
- Insomnia causes illustration concept

PHOTOS

- Young charming woman near cup of drink
- Sad contemplating woman resting on bed

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