CHAPTER 3

Defining solidarity

This chapter is part of the Baleria Solidarity Manual. The Manualwas created within the Erasmus+ Sport project BALERIA – Social Inclusion Programme for Educators, School Kids and Parents.

More useful materials: *W. www.baleria.eu/project/* *FB. BaleriaProject*

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In order to better understand and fully comply with the requirements of the objectives of the above presented policies, BALERIA Solidarity Manual users should be fully aware of the essence of two important concepts, which are in the spirit of BALERIA project defined below:

3.1.   Social Exclusion

The concept social exclusion can enrich our understanding of social disadvantage in a number of ways. For example: The concept facilitates an understanding of the past experience of social disadvantage for example, those who are experiencing social disadvantage are likely to experience multiple stresses during everyday life, including barriers to participation and connectedness, that extend beyond financial difficulties. This concept takes into account the role that factors such as discrimination can play in social disadvantage and, emphasise on the idea that social disadvantage is the result of the limitations of those who experience it.

The concept of social exclusion allows an understanding of disadvantage that extends beyond the individual and can affect an entire community. Even if an individual family is not experiencing social exclusion, it can be living in a neighbourhood that is suffering high rates of unemployment, a high proportion of people on low incomes, poor or absent community infrastructure).

3.2.   Social Inclusion

In a policy context social inclusion, rather than social exclusion, should be the focus of recent policy agendas. Social inclusion is conceptualized in four important "domains" of opportunity:

●   Participating in society through employment and access to services;

●   Possibility to be connected with family, friends and the local community;

●   Attracting attention to and taking part in solving personal crises (e.g., ill health);

Having a chance for all co-participants to be heard.

The definition of social exclusion is: "restriction of access to opportunities and limitation of capabilities required for participants to take advantage of such opportunities".

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Although the concepts of social inclusion and social exclusion are clearly outlined, it is important to note that whilst social exclusion provides for understanding the nature of disadvantage, social inclusion is more than just a means of understanding - it also provides a goal to work towards. It is a way of raising the bar and get where we aim to be.

3.3. Relevance of the concepts "social exclusion" and "social inclusion" for children and their families according to the initial values promoted by the Baleria project

These two "opposite" concepts are relevant to children and families, involved in the project, because they highlight the way in which families need more than just financial assistance in order to function well. Children and families need to feel connected to and supported by their community, especially when they face obstacles and challenges. They also need to feel a sense of belonging and to feel as if their voice can and will be heard.