

Tatjana Gjurković i Tea Knežević

Mockery and rejection hurt:

Donkey feels humiliated

Illustrations:
Jelena Brezovec



Complex emotions:

HUMILIATION

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Advice for parents
and teachers

evenio 



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Humiliation

Children from a very young age can be exposed to extremely unpleasant emotions such as humiliation. This emotion is provoked by others when they deliberately mock us, when they reject and isolate us or make fun of us.

Humiliation is one of the so-called complex emotions because it's most often a combination of emotions of fear, sadness and anger, and is accompanied by strong physiological reactions.

Every parent finds it extremely difficult and disturbing to realize their child is being humiliated by peers, and they have a right to seek immediate reaction from the environment and help for their child. Any form of humiliation should be stopped and there should be zero tolerance for such behaviour. Humiliation can occur in groups among peers, but also in any situation and at any time, by other children, but also by adults, and even within their own family. Humiliation has an extremely negative impact on a child's long-term sense of self-esteem, their psychological resilience and self-image.

A child who is exposed to mockery, rejection, and humiliation will feel the devastating consequences and helplessness even more strongly if those who could and should react (adults) do not react and don't protect them.

This picture book tells a therapeutic story about a donkey who was rejected and mocked by his friends and felt humiliated and helpless. The story will help children recognize their own emotions and name them. This is extremely important because the first step in stopping humiliation is certainly the recognition of what is happening and seeking help from adults. To do this, the child needs to recognize what is actually humiliating in the behaviour of others, that it's wrong and that it shouldn't happen.

At the end of the picture book, there are tips for parents and adults on how to approach a child who is experiencing humiliation and help them stand up for themselves in future situations. Also, the parent should do everything to stop the humiliation (intervene in the community and environment where the humiliation occurs).

Reading to your child, your soothing voice, attention and the closeness you establish with the child you are reading to, is a big step on the path to the healthy development of your little one.

Enjoy these moments together. ♥



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Hi! I'm a donkey and I live on a beautiful farm.

Yesterday, as always, I wanted to play with my friends, but something very bad happened to me. A little goat came to play and wouldn't let me play with them. She also told me that I was stupid and ugly. I quickly hid; I wanted to be alone because I was crying. That hurt me terribly because I don't think it was right.

Make yourself comfy and listen to my story...

In the morning, with the first rays of sunshine, little donkey was waking up slowly, stretched and went to the nearby meadow for some breakfast. He chewed and chewed, and once he had eaten enough grass, he thought that he could go and play with his friends.

Before he joined them, he stood aside and observed what they were doing. The kitty was climbing a tree dragging a rope in her paw. The donkey didn't understand what was happening right away.

"Why does a kitty need a rope?" he asked himself, surprised, and then he saw that the other end of the rope was in bull's hands, and he saw a little goat he didn't know very well, preparing to jump over that rope.

"Jumping over a rope! My favourite game!" the donkey got excited and decided to approach them.



– Hey, I would like to play with you! – little donkey suggested.
– Youuu?! You can't! Look at your ugly ears – the goat said to him, and then turned to kitty and bull: – I would never hang out with someone like him.

Kitty and bull didn't really like that goat was mocking the donkey, but they loved to play with her because she was fun to be around. They were impatient to get back to their game and didn't think much, so they just said a little insecurely:

– Neither would I.

Donkey listened to it all in silence. He felt very humiliated and as if his friends didn't love him anymore, but he didn't have enough courage to say anything. He stepped back and sat down with his ears down and sadness on his face.



An old hen saw what was happening and came over to the donkey.

– Oh boy, it seems like something bad has happened – she said to him quietly. –

When you approached your friends, they started to mock you. When somebody mocks us and tell us something rude, it hurts very much. Then we feel humiliated, rejected and as if we were somehow wrong.

Donkey listened to her, still with looking down and very sad.

– When somebody is saying rude words, it often means that they themselves have sometimes heard those or similar words and felt humiliated. We sometimes think that we will feel better if we are powerful over somebody else or if we make someone else feel bad. But that is not right. It's not your fault your friends have felt like that sometimes, and it's not right for you to feel like that right now.

Donkey heard and understood everything the hen told him, but still he felt bad.

