

Understand that their actions and words can affect others

Examples of what students are expected to learn

- Recognize the actions and words that have a positive or negative effect on themselves or on others.
- Recognize other people's emotions and their level of intensity based on verbal and non-verbal cues (e.g. facial expressions, body language).
- Understand that others also have needs and emotions.
- Explore ways to demonstrate kindness or gratitude.
- Identify the actions or behaviours that they appreciate in their peers.
- Become familiar with the behaviours that foster a positive group environment.
- Etc.

Contribution of the content to adopting prosocial behaviours

Understanding that their actions and words can affect others can help them develop openness to others and empathy. It also helps in developing the ability to build harmonious and positive relationships. These concepts are key to the development of the competency *Adopts prosocial behaviours*.

Influence on the other personal and social competencies

This content also fosters the development of the following competency:

- Manages emotions and stress

ADDITIONAL RESOURCES

- For more information on the content related to the development of personal and social competencies
- To find ideas for turnkey structured educational interventions that are in line with the proposed content
- For training designed to help convey the content and establish conditions for implementing it with students
- For other resources and tools related to the content and to the implementation of actions designed to promote the well-being of young people



Resources available
on [Quebec.ca](https://quebec.ca)