

## Recognize the importance of friends

### Examples of what students are expected to learn

- Understand the importance of friendships, which allows them to:
  - receive support and comfort
  - express their feelings and feel understood
  - experience closeness and intimacy
  - socialize and have fun
  - develop new skills: assert themselves, co-operate, discuss, negotiate and manage conflicts
  - question their own ideas and argue
  - share their feelings and confide in each other; help each other
  - etc.

### Contribution of the content to adopting prosocial behaviours

Recognizing the importance of friends fosters a desire to interact socially and to build positive interpersonal relationships. It fosters the sense of belonging to a group and the ability to relate to peers. These concepts are key to the development of the competency *Adopts prosocial behaviours*.

## 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



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