

## Be familiar with ways to increase self-confidence within a group

### Examples of what students are expected to learn

- Recognize different possible social groups (e.g. friends in the classroom, a sports team, members of a school group project).
- Respectfully affirm their ideas, opinions and preferences.
- Recognize their contribution and that of others (e.g. personal qualities and strengths appreciated by others, contribution to shared tasks).
- Be familiar with the conditions conducive to a healthy, caring, safe and inclusive climate.
- Demonstrate openness to others.
- Etc.

### Contribution of the content to adopting prosocial behaviours

Being familiar with ways to increase self-confidence within a group contributes to the building and maintaining of interpersonal relationships. It also fosters good self-esteem. This is one of the key concepts in 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:

- Acquires self-knowledge



## Content-related glossary

### *BE FAMILIAR WITH WAYS TO INCREASE SELF-CONFIDENCE WITHIN A GROUP*

#### Self-confidence

Self-confidence means believing in oneself, one's potential and one's ability to succeed and meet challenges. Self-esteem, closely linked to self-confidence, is accepting oneself as one is, understanding that one has value while also recognizing one's strengths, qualities and limitations.

#### 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 [Québec.ca](https://www.quebec.ca)