

Develop the skills to express themselves and be clearly understood

Examples of what students are expected to learn

- Share their ideas, points of view, values and emotions effectively:
 - be conscious of the influence body language has on communication
 - use “I” statements, a gesture or a sign adapted to the context to express themselves
 - ask for permission, discuss, start and end a conversation
 - negotiate with respect
 - choose appropriate words, gestures or signs that describe their ideas and point of view in a respectful way
 - convey and receive messages in a constructive manner
- Use an attitude (tone of voice, posture, gestures, non-verbal language, etc.) suitable to the context.
- Ensure that the other person understands.
- Reformulate statements, if needed.
- Etc.

Contribution of the content to adopting prosocial behaviours

Developing the skills to express themselves and be clearly understood leads to appropriate communication and conflict resolution. It also fosters the capacity to make clear requests and to express their needs more easily. 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



Content-related glossary

DEVELOP THE **SKILLS TO EXPRESS THEMSELVES** AND BE CLEARLY UNDERSTOOD

Skills

A set of abilities that enable a person to successfully carry out an activity or task. These abilities can be of a cognitive, affective, social or psychomotor nature.

To express (oneself)

To express oneself means to be understood through language, to formulate one's thoughts through speech. Expressing oneself also means making one's feelings and opinions known.

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)