Sheet 12

Content for the development of personal and social competencies – Elementary

Understand the importance of having interpersonal relationships and developing harmonious relationships

CYCLE THREE
10–12 years old

Recommendation:
Elementary 6

Examples of what students are expected to learn

- Understand the importance of relationships within their family, among friends and peers, at school, in their entourage, when dating, in romantic relationships, etc.

- Be familiar with the characteristics of positive and harmonious interpersonal relationships (e.g. trust each other, help each other, have fun together, be themselves, feel positive emotions).

- Be familiar with the advantages and benefits of positive interpersonal relationships.

- Be familiar with different ways of making friends, such as participating in activities.

- Understand the possible similarities and differences in friendships.

- Recognize that sharing the same interests and engaging in positive interactions are conditions conducive to the development of harmonious, lasting and meaningful relationships.

- Etc.

Contribution of the content to adopting prosocial behaviours

Understanding the importance of having interpersonal relationships and developing harmonious relationships helps to build and maintain them. Positive relationships foster the development of self-esteem and provide emotional and social support. Relationships based on reciprocity and mutuality allow students to express their feelings, define themselves, develop their capacity for intimacy and manage conflicts. Being receptive to the importance of interpersonal relationships is a key concept in the development of the competency *Adopts prosocial behaviours*.

Votre gouvernement

Québec

Content-related glossary

UNDERSTAND THE IMPORTANCE OF HAVING *INTERPERSONAL RELATIONSHIPS* AND DEVELOPING *HARMONIOUS RELATIONSHIPS*

Interpersonal relationship

Reciprocal connection or interaction between two individuals.

Harmonious relationship

Creating harmonious relationships consists in establishing and maintaining positive, healthy relationships with different people or groups. Some personal skills and values may help in establishing harmonious relationships, whether in person or virtually.

Harmonious relationships with family and friends, as well as with school staff, based on safety, trust, communication and support, have significant positive effects on individuals, and foster the development of autonomy, self-esteem and self-confidence.

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**

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