

Reflect on appropriate strategies for making friends or expanding their social network

Examples of what students are expected to learn

- Establish relationships with peers and adults who share similar values and interests, and who are positive role models.
- Participate in extracurricular activities based on their interests or by trying new things.
- Use the Internet in a safe, ethical manner to expand their social circle (e.g. public nature of things posted on the Internet, limits to freedom of expression on social media, concepts of defamation and harassment, rights and responsibilities with respect to protecting a person's reputation and personal information, online etiquette, safety rules).
- Practise self-affirmation: express their values, opinions and boundaries in the groups to which they belong.
- Etc.

Contribution of the content to adopting prosocial behaviours

Reflecting on appropriate strategies for making friends or expanding their social network promotes the capacity to understand the point of view of others and the desire for social interaction. The importance of interpersonal relationships is a key concept 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 competencies:

- Acquires self-knowledge
- Manages social influences



Content-related glossary

REFLECT ON **APPROPRIATE STRATEGIES** FOR MAKING FRIENDS OR EXPANDING THEIR **SOCIAL NETWORK**

Appropriate

Appropriate means well adapted to a goal or a use. For example, this term could be used to say that a person has difficulty finding the right words to express their emotions.

Strategy

All of the choices of objectives and methods that steer a person's activities in the medium to long term.

Social network

A group of people connected, for example, by common tastes and interests.

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)