

## Apply various strategies for promoting inclusion and getting along

# CYCLE ONE

12-14 years old

Recommendation:  
Secondary I

### Examples of what students are expected to learn

- Adopt a respectful attitude and openness to others (e.g. acknowledge the contribution of every individual, take into account points of view that are different from their own, take into consideration other people's feelings and needs, learn about others and try to understand their experience without judgment).
- Adopt respectful communication strategies that make it possible, in particular, to come to a consensus or a compromise (e.g. offer constructive comments, seek solutions that are acceptable to everyone).
- Adopt behaviours that make it easier to get along with one another:
  - accept tastes and opinions that are different from their own (acceptance of diversity)
  - understand other people's points of view and taking them into account (respect and concern for others)
  - identify, express and manage their emotions (managing emotions and communications)
  - recognize other people's emotions and needs (empathy, concern for others)
  - recognize that their actions can impact others (responsibility)
  - communicate clearly and be an active listener (communication)
  - help others (mutual assistance)
  - identify alternative solutions to violence (e.g. ask for help, identify and implement non-violent solutions)
- Report situations involving exclusion, discrimination or inequality, either as the person experiencing them or witnessing them (e.g. speak to an adult or ask them for help, defend the person being discriminated against and support them)
- Etc.

### Contribution of the content to adopting prosocial behaviours

Applying various strategies for promoting inclusion and getting along makes it possible to develop and maintain positive and respectful relationships. These concepts are key to the development of the competency *Adopts prosocial behaviours*.



## Content-related glossary

### APPLY VARIOUS **STRATEGIES** FOR PROMOTING **INCLUSION AND GETTING ALONG**

#### Strategy

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

#### Inclusion

Inclusion refers to the creation of an environment where everyone is respected equally and has access to the same opportunities. On an organizational level, inclusion requires the identification and removal of barriers (physical or procedural, visible or invisible, intentional or unintentional) that impede on people's participation and contribution. It also requires the affirmation of values and principles of fairness, justice and respect by being open to different opinions and perspectives; gaining an understanding of other cultures, experiences and communities; and making a conscious effort to be welcoming, helpful and respectful to everyone.

#### Getting along

Being able to get along refers to being on good terms, having a mutual understanding or being in harmony with someone.

## 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)