

Offer positive encouragement to the people around them to adopt safe, healthy behaviours

Examples of what students are expected to learn

- Understand the importance of being a role model for others.
- Promote positive behaviours.
- Display a positive attitude instead of less desirable behaviours: not lay blame or guilt, but instead educate.
- Put the benefits and risks of certain behaviours into perspective.
- Etc.

Contribution of the content to adopting prosocial behaviours

Offering positive encouragement to the people around them to adopt safe, healthy behaviours demonstrates consideration for others and a willingness to contribute to positive interpersonal relationships. 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:

- Becomes socially engaged



Content-related glossary

*OFFER POSITIVE ENCOURAGEMENT TO THE PEOPLE
AROUND THEM TO ADOPT **SAFE, HEALTHY BEHAVIOURS***

Safe and healthy

That which presents little or no danger and contributes to health.

Behaviour

How a person usually or occasionally acts and behaves in a given environment. All behaviour comprises a set of cognitive, affective and motor manifestations that can be observed externally and carried out by the individual in relation to their environment.

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)