

Understand the different aspects of mental health

Examples of what students are expected to learn

- Understand the connection between mental health, physical health, positive and egalitarian relationships, and the capacity to adapt to stress and change.
- Be familiar with protection factors (e.g. coping strategies, self-esteem, education, support of family and friends, healthy lifestyle habits, use of available services).
- Be familiar with risk factors (e.g. negative thoughts, stressful or difficult situations, social exclusion).
- Be familiar with mental disorders (e.g. anxiety disorders, depression) and their potential repercussions on individuals, families and society.
- Normalize the fact that it is impossible to be happy all the time, or to always be in control of their thoughts and emotions.
- Address topics such as the importance of meaning in life, positive emotions and relationships, engagement, achievement and self-compassion.
- Etc.

Contribution of the content to adopting prosocial behaviours

Understanding the different aspects of mental health fosters the development of empathy, respect for themselves and for others. It also helps them consider their own needs as well as those of others. 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 competencies:

- Manages emotions and stress
- Makes informed lifestyle choices



Content-related glossary

UNDERSTAND THE DIFFERENT ASPECTS OF MENTAL HEALTH

Aspects of mental health

Mental health is a state of well-being in which an individual can achieve self-fulfillment, cope with the stresses of everyday life, work productively and contribute to their community. In a positive sense, mental health is the foundation of individual well-being and a functioning community. It is therefore not a concept associated with an approach that limits it to the absence of illness (mental disorder).

It consists of happiness (positive emotion), emotional stability, an interest in life (engagement), optimism, vitality, self-acceptance (self-esteem), competence, positive relationships with others, meaning in life and resilience.

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)