

Be familiar with coping strategies that allow them to be more objective regarding stressful or difficult situations and emotions

Examples of what students are expected to learn

- De-escalate the situation causing a problem.
- Take a moment to think.
- Re-evaluate the situation from a positive perspective, envision a better future.
- Obtain another reliable and trustworthy point of view.
- Recognize the signs of stress (heart palpitations, sweating, nausea, feeling of instability, fear of losing control, sweaty palms, difficulty speaking).
- Find ways to refuse an offer or use self-management to avoid the risks associated with consuming alcohol, cannabis or any other drug, and with gambling.
- Practise positive self-assertion and self-protection (e.g. know their values and needs, set boundaries, know how to say *no* verbally or non verbally).
- Ask for help when needed.
- Etc.

Contribution of the content to adopting prosocial behaviours

Being familiar with coping strategies that foster a more objective outlook on their emotions or that relate to stressful or difficult situations contributes to their ability to appropriately affirm or express their needs and boundaries, among other things. Communication that is adapted to the context as well as the capacity to interact well with others are key concepts 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 competency:

- Manages emotions and stress



Content-related glossary

BE FAMILIAR WITH **COPING STRATEGIES** THAT ALLOW THEM TO BE MORE **OBJECTIVE** REGARDING **STRESSFUL OR DIFFICULT SITUATIONS AND EMOTIONS**

Coping strategies

A coping strategy is something that a person does or thinks to avoid the negative consequences of a situation that threatens their well-being. Everyone has their preferences when it comes to using a coping strategy. It may be helpful to be familiar with several strategies, since one may not necessarily work in every context. In addition, a strategy that is effective for one person may not necessarily be effective for another.

Objective (Being objective)

Characteristic of something that gives an undistorted image of reality. Quality of someone, a frame of mind or a group that makes a judgment without involving personal preferences.

Stressful or difficult situation

Stress is a state of worry or mental strain caused by a difficult situation. It is a natural human response that pushes people to face the challenges and threats that life throws at them.

Emotion

Transient affective reaction of fairly high intensity, usually triggered by stimuli from the 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)