

Detailed Presentation of the Content Information Sheet

The number of the sheet indicates its position on the progression chart. This order must be followed.

The content that must be conveyed to students.

The image shows a content information sheet titled 'Sheet 09' for 'Content for the development of personal and social competencies - Elementary'. The main heading is 'Develop the skills to express themselves and be clearly understood'. A vertical banner on the right indicates 'CYCLE ONE' for '6-8 years old' with a 'Recommendation: Elementary 2'. The sheet is divided into two main sections: 'Examples of what students are expected to learn' and 'Contribution of the content to adopting prosocial behaviours'. The 'Examples' section lists various skills like using 'I' statements, negotiating with respect, and using appropriate words. The 'Contribution' section explains how these skills lead to appropriate communication and conflict resolution, and also mentions the development of the 'Adopts prosocial behaviours' competency. The footer includes the logos for 'Votre gouvernement' and 'Québec'.

Targeted moment to first convey the content.

These are examples to help convey the content. It is not necessary to cover them all or to be limited to them.

Explanation of the connection between the content to convey to students and the competency to be developed (*Adopts prosocial behaviours*).

Competency (or competencies) developed through the content being conveyed, including the competency *Adopts prosocial behaviours*.

Content-related glossary

DEVELOP THE **SKILLS TO EXPRESS THEMSELVES**
AND BE CLEARLY UNDERSTOOD



Skills

A set of abilities that enable a person to successfully carry out an activity or task. These abilities can be of a cognitive, affective, social or psychomotor nature.

To express (oneself)

To express oneself means to be understood through language, to formulate one's thoughts through speech. Expressing oneself also means making one's feelings and opinions known.

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 [Quebec.ca](https://www.quebec.ca)

The glossary defines certain words and provides important details for a strong understanding of the content. The goal is to foster a shared understanding of the terms being used.

Additional resources are available online to help convey and implement the content, or to develop personal and social competencies.