Developing a sense of self and society

A strong sense of self supports students in understanding and managing their emotions, developing positive relationships with others, and engaging with their community. It develops students' capacity to recognize and value different perspectives and their sense of agency to influence change in society.

These skills are critical for students' educational attainment, long-term well-being and prosperity, and their ability to contribute to society.

Examples of student outcomes

Students will:
· Identify and manage their emotions.
· Demonstrate the ability to empathize with others.
· Navigate their health choices in a responsible manner.
· Be able and willing to seek help for mental health issues for themselves.
· Articulate mental health issues and the impact that stigmatization can have.
· Acquire the movement and physical literacy skills needed to participate in and enjoy a range of activities.
· Identify social risks and develop strategies to resist peer-pressure and respond effectively to risky situations.
· Decode the role of social media in sexual health and how to be respectful and responsible in that context.
· Identify the importance of intimate relationships that are caring, respectful and non-violent.
· Evaluate how their decisions can affect themselves and others, the school, and the community.
· Describe the complex and fluid nature of their own and others' identities.
· Articulate elements of their own cultural identity and worldview.
· Navigate power relationships in everyday life and society.
· Identify the importance of equity and social justice.
· Determine how power is exercised through both formal and informal means.
· Evaluate how to work effectively with both formal and informal systems of power to make change.

The New Basics

The categories and competencies in the New Basics evolved from existing research, feedback from teachers, principals and parents, and People for Education's Measuring What Matters initiative.

· Learning to learn
· Thinking creatively and critically
· Collaborating
· Communicating effectively
· Developing a sense of self and society