



YOU be the JUDGE



LES Ethics and Religious Culture

STUDENT WORKBOOK ELEMENTARY GRADE 5

INTRODUCTION TO THE LEARNING AND EVALUATION SITUATION

In this learning and evaluation situation you will be asked to think about influences and asserting yourself. As you get older, you are called upon to make decisions all the time. Your friends, your parents, other adults around you and the media you are exposed to all have an influence on your decisions. That means it can be an ongoing challenge to assert yourself and state what you want. The activities we'll do together will help you think about where influence comes from and provide tools to help you recognize whether that influence is positive or negative, so that you can make smart choices. You will learn good life habits and become a well-rounded young person who stands up for yourself.

Name: _____

Date: _____

Group: _____

Understanding Influences and Asserting Yourself



GETTING STARTED

Discuss with your teacher

What is the meaning of the following words:

- **Influence**
- **Assertiveness**
- **Positive and negative influence**

Share a story about influence

Describe a time when someone tried to influence you, positively or negatively. What choice did you make? Were you able to assert yourself clearly? Please explain.

Activity 1: What do influence and assertiveness look like?

1.1 Influence and assertiveness

The word **influence** refers to something that is done with the purpose of affecting someone's decisions, or shaping the way they behave or think.

Influence can be **positive** or **negative**. When it's **positive**, it helps you make smart choices that are pleasant and good for you. When it's **negative**, it has an unfortunate impact that can be bad for your health, your development and your safety.

◆ What can influence you?

Without you even realizing it or wanting it, all kinds of people have an influence on you.

Your friends, your parents, other adults around you, the media (TV shows, advertising, social media, etc.) and society (values, laws, religions) are all sources that can have both a positive and a negative influence on you.

◆ Why is it important to recognize the influences around you?

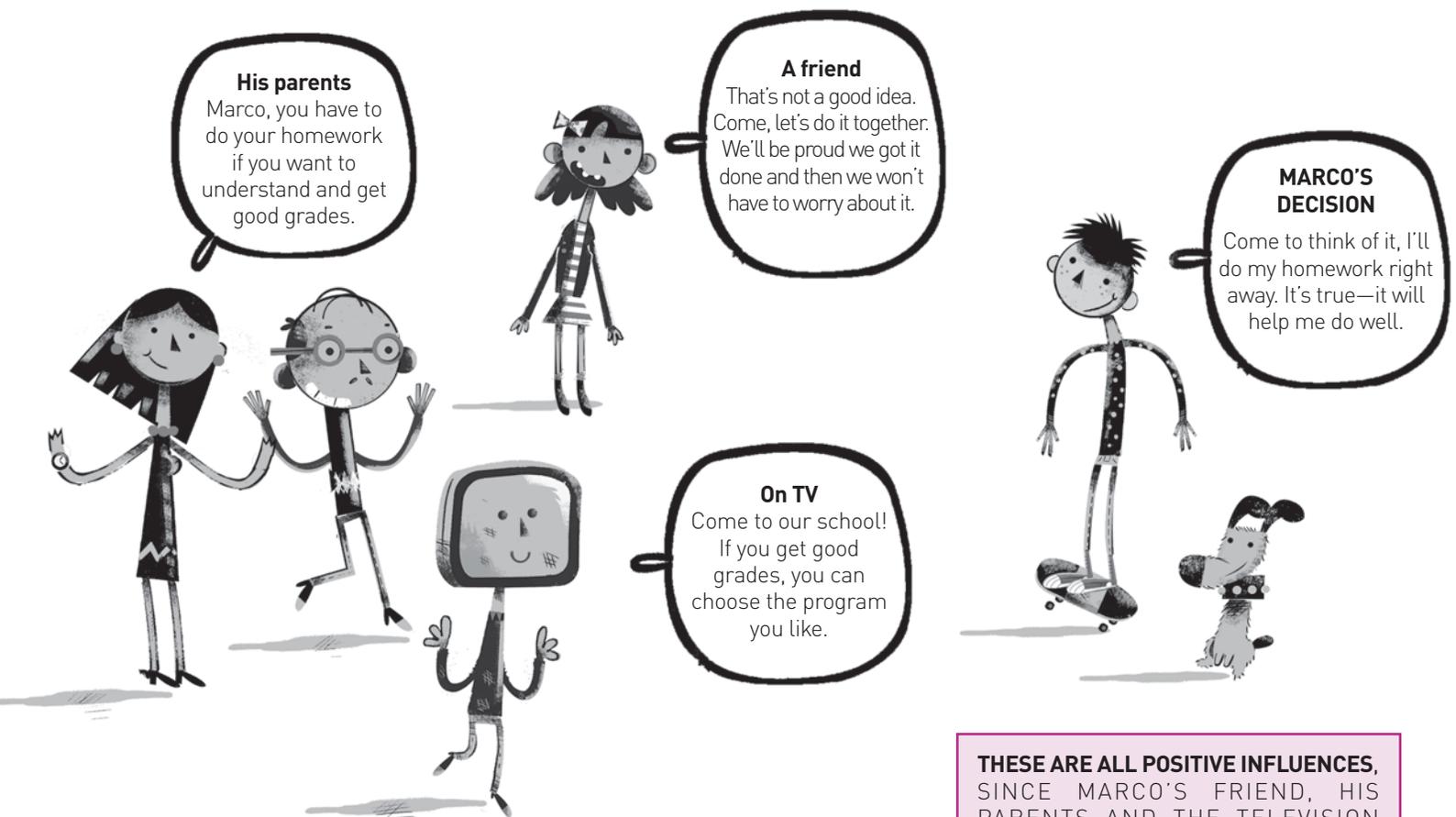
When you are able to recognize that you are being influenced positively or negatively, you can make better choices. How can you know whether the influence you are experiencing is positive or negative? Trust the feelings you have when someone is trying to influence you. You can also check with other people who have your best interests at heart. Most importantly, you have the right to take your time to think before making a decision.



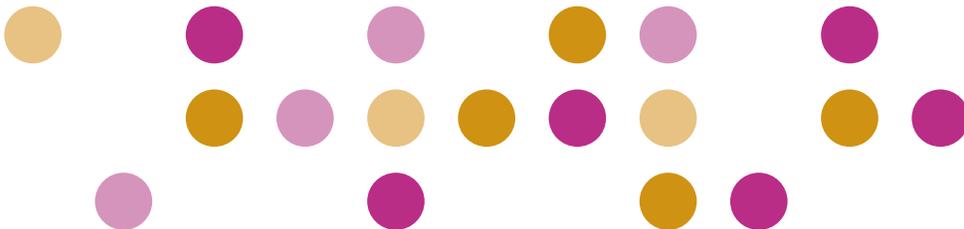
Here are a few examples to help you understand the difference between positive and negative influences:

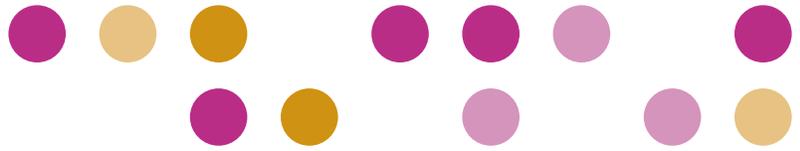
In two different situations, you'll see that Marco may be under the positive or negative influence of his friends, his parents, other adults or the media and social environment.

- 1 Marco wants to do his homework later. He doesn't feel like finishing everything now and would rather play a video game. Here are different ways he could be influenced positively.

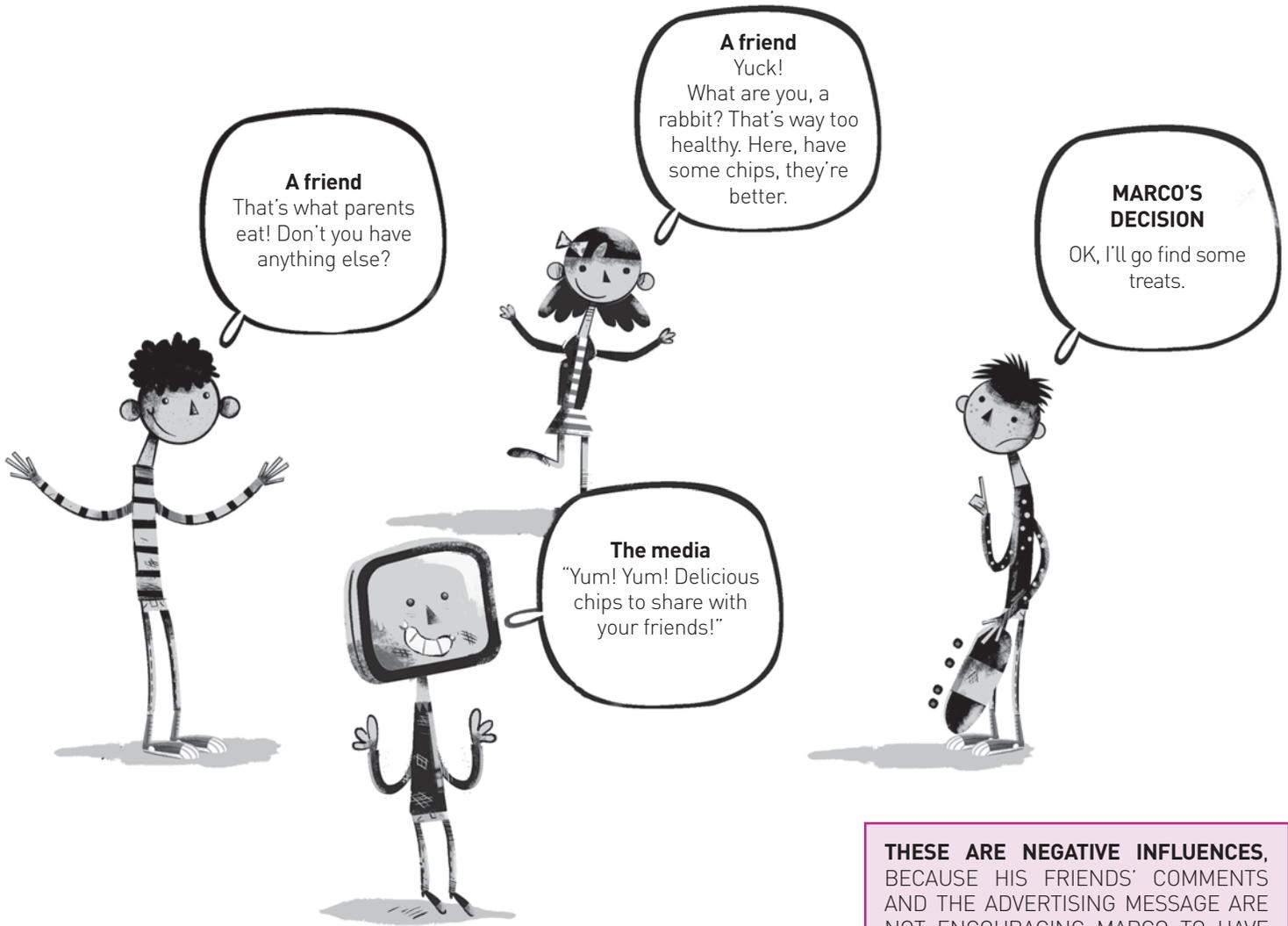


THESE ARE ALL POSITIVE INFLUENCES, SINCE MARCO'S FRIEND, HIS PARENTS AND THE TELEVISION COMMERCIAL POINT OUT THE BENEFITS FOR HIM.





2 Marco has invited some friends over for the afternoon. He's really hungry. Before he prepares his snack, he asks his friends if they want any fruit or vegetables. They try different approaches to influence him negatively.



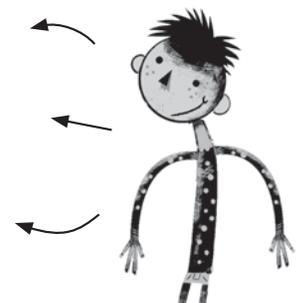
THESE ARE NEGATIVE INFLUENCES, BECAUSE HIS FRIENDS' COMMENTS AND THE ADVERTISING MESSAGE ARE NOT ENCOURAGING MARCO TO HAVE HEALTHY HABITS.

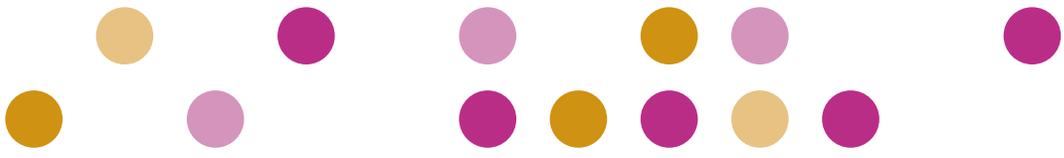
Asserting yourself means you are able to express your thoughts, opinions and feelings, based on your own tastes, preferences and beliefs. When you assert yourself, you respect your own values, needs and wishes. Asserting yourself well means expressing your opinion calmly and respectfully in light of what is good for you. For example:

"I like my sweater. I don't understand why you're making fun of me and want me not to wear it. Respect my taste, please."

"No, I can't stay. I'm going home. I have to be on time to show my parents that I'm reliable and responsible."

"No thanks, I'm too young to drink. I know it interferes with my growth and I want to be healthy."





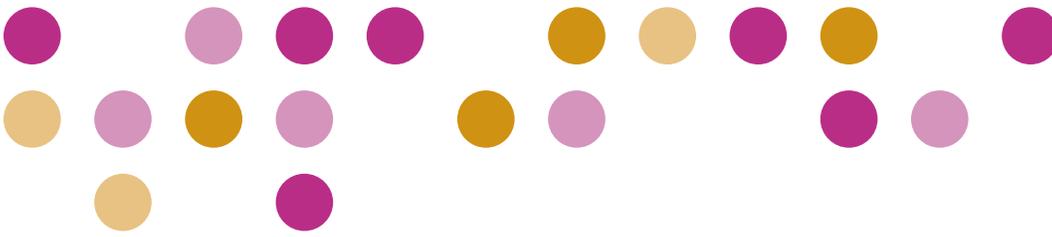
1.2 Questions about influence and assertiveness

- 1 They say that a positive influence leads a person to make good choices. When Marco decides to do his homework instead of playing a video game, how does he win? How is his decision good for him?

- 2 Conversely, a negative influence can have an unfortunate impact that can be bad for a person's health, development and safety. When Marco decides to eat chips instead of fruit and vegetables, how does he lose? Why is that not the best decision for him?

- 3 What is assertiveness? Choose one answer.

- a) It's being independent and responsible.
- b) It's expressing yourself and your opinions.
- c) It's doing as others do, without thinking.



4 Do you usually find it easy or difficult to assert yourself? Please explain.

5 Earlier on, we talked about how the media can influence us. Give an example of an occasion when the media influenced you positively and another when you were influenced negatively.

POSITIVE MEDIA INFLUENCE

NEGATIVE MEDIA INFLUENCE

Activity 2 Influences and MY decisions

2.1 Preparing for the situational exercises

Find the sentence that will be your guide through the next exercises.

Use the chart to decode the sentence below.

A	B	C	D	E	F	G	H	I	J	K	L	M
+	▲	✱	♣	↶	◆	✂	★	◆	⊕	◻	*	→

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
♥	◇	✱	⊙	✱	●	❖	⊙	✱	☎	✕	+	✎

Decode this sentence:

↶	✕	✱	✱	↶	●	●		+	◇	⊙	✱	

◇	✱	◆	♥	◆	◇	♥		+	♥	✱	

★	+	✱	↶	

✱	◇	♥	◆	◆	♣	↶	♥	✱	↶	

◆	♥		+	◇	⊙	✱	●	↶	*	◆	!

2.2 Situational exercises

In the following situations, explain how people influence each other. Think about the kinds of influence your environment has on you and the choices you make. After reading the set-up, write down what each character would say. Then write down what you would say to assert your own point of view or decision.

SITUATION 1

Your friends wear designer fashions that are very expensive. They don't understand why you don't dress like they do and they criticize your clothes.

How would your **best friend** influence you?



What message would you get from a **designer clothing company**?

What do you think **your parents** would say?



What message would you get from an **environmental protection organization**?

YOUR THOUGHTS: What do you decide to do?

How is your decision good for you? What are the reasons why you made that decision? (connections with your values, beliefs, tastes, etc.)

SITUATION 2

A number of your friends decide to stop playing with someone you happen to like. They are shutting that person out and want you to do the same.

How would **your teacher** influence you on this matter?

What do you think **your parents** would say about it?



What kind of message would you get from an **awareness program** at school?

A simple line drawing of a character whose head is a television set. The character has a smiling face on the screen, arms, and legs, and is walking towards the left.

YOUR THOUGHTS: What do you decide to do?

How is your decision good for you? What are the reasons why you made that decision?

SITUATION 3

You're just starting at a new school. Registration for activities takes place at lunchtime, but you're feeling shy. Another student suggests that you sign up for basketball.

What advice would you get from **your best friend**, who is still at your old school?



What do you think **your parents** would say to try to influence you?

What might you see **on posters** at school?



YOUR THOUGHTS: What do you decide to do?

How is your decision good for you? What are the reasons why you made that decision?

SITUATION 4

You and two friends are at a neighbourhood party and you find a half-full case of beer. One of your friends is in favour of opening a bottle and drinking it.

What might **your best friend**—who is with you—say?



What would **your parents** say to try to influence you?



How might **the posters** you see at school influence you?



YOUR THOUGHTS: What do you decide to do?

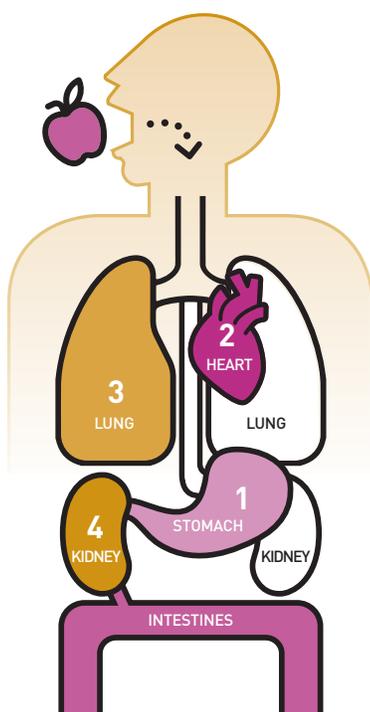
How is your decision good for you? What are the reasons why you made that decision?

THE INFORMATION ZONE

Good habits give you more energy

All those people and organizations promoting healthy habits (eating well, sleeping well, moving around enough) are doing so in the hope of influencing the choices you make so that you can stay healthy.

As you know, the human body is like an amazing machine, made up of a number of systems that work together to provide the energy you need to function. Sometimes, the machine makes decisions for you, without you even having to think about it. For example, when you're sleeping, you don't have to tell your respiratory system to breathe or your heart to keep pumping. But your digestive system actually depends on you. What you **choose** to eat and drink has an impact on you, since food, which is made up of proteins, vitamins, etc., is what provides your cells with energy.



How food is turned into energy

Your INTERNAL SYSTEMS

- 1 When you chew and swallow a piece of apple, it is turned into nutrients* by your **digestive** system.
- 2 The nutrients are then carried by your blood to all your cells, thanks to your **cardiovascular** system.
- 3 Your cells use those nutrients as a source of energy. The process produces carbonic gas, which is then exchanged for oxygen by your **respiratory** system.
- 4 All the cellular activity also produces other wastes, which are eliminated by your **urinary** system.

* A nutrient is a food substance that can be completely and directly used by the body.

DID YOU KNOW?



Children and teens should not drink alcohol

Although alcohol could be considered a nutrient, because it is metabolized by the body, or a food, because it provides calories, alcohol is not a food like other foods, because the body does not need it. In fact, alcohol can even be harmful.

Alcohol can disrupt proper cell function and have a negative impact on your health. It can also interfere with the development of all the systems in your body, which are actively growing.

That's why so many people and organizations, like Éduc'alcool, are interested in informing kids and teens about the risks of drinking, thereby influencing their choices.

SELF-EVALUATION / GROUP EVALUATION

ACTIVITY 2.2 SITUATIONAL EXERCISES

A: Very easily

B: Easily

C: With a little help

D: With difficulty or not at all

C1 - Reflects on ethical questions

I was able to explain the role of influences and provide examples of assertiveness. Here are two examples to illustrate my thought process and my understanding of the ethical issues:

1

2

SELF-EVALUATION

GROUP EVALUATION

C3 - Engages in dialogue

I created conditions that foster dialogue. Here are at least two of them:

1

2

I participated actively in discussions, explaining the thinking and reasoning behind my opinions.

LETTER TO PARENTS

Date _____

Dear Parents,

Over the coming days, the class will begin learning about alcohol and drinking, using an education and awareness program called "**You Be the Judge**," developed by Éduc'alcool. The program, which was designed for students in Elementary Grade 5 through Secondary V, is intended to delay the start of drinking as long as possible, help young people develop responsible behaviour in the face of peer pressure, make them into critical, informed consumers, lead them to understand that you don't have to drink alcohol in order to have fun, and show them how to distinguish between abusive and moderate drinking.

In Grade 5, **we focus mainly on influences and assertiveness** in different life situations; some involve alcohol, others do not. We urge you to talk to your child about what he or she has learned from the exercises and activities. You can get an idea of what we are covering in class by reading the Student Workbook your child has received.

As parents, this is how you can help achieve the objectives of the program:

You are the most important role model! Whatever the age of your child(ren), your attitude, your behaviours, your words and your choices have an enormous influence, even if it sometimes seems like they aren't paying the least bit of attention.

In addition to setting a good example by choosing to drink with MODERATION, you will find helpful information in the guide "**Be prepared to talk to your children about drinking**," which is available at educalcool.qc.ca under "Publications/Family."

This guide gives parents the information they need to inform their children properly and handle various situations that may arise involving alcohol and drinking.

Enjoy being part of the process!
Your child's teacher and Éduc'alcool thank you for your cooperation.