

- Topics

1. PRC
2. Types of Res
3. PERMA
4. Social res Competencies

- Personal Responsibility Competencies (PRC)

Personal awareness and responsibility involve the skills & strategies needed to :-

- Stay healthy & active
- Set goals and monitor progress
- Regulate emotions & manage stress
- Respect personal & others rights

### Importance of PA & R

It includes personal efficacy , self -advocacy , it helps in :-

- Making ethical decisions
- Accepting consequences
- Understanding the impact of act<sup>n</sup> on self & others

### Key Aspects of Personal Awareness & responsibility

#### 1. Self-discriminat<sup>n</sup>

A personally aware individual values themselves , their ideas , & their achievements

- Show a sense of accomplishment & joy
- Celebrate efforts & successes
- Advocate for themselves & the world
- Seek information on controversial issues

## 2. Self - Regulation

Self - regulat<sup>n</sup> involves managing emot<sup>n</sup>, setting goals & staying committed. Such individuals

- Recognize & manage emotions
- Persevere thru challenges
- Adjust plans & assess results

## 3. Well-being

Well-being covers mental, physical, emotional & social health. A responsible individual:

- Engages in activities that promotes well-being
- Make safe choices
- Use strategies to handle stress

### Profiles of Pers. Aw & Res

#### • Profile - 1

- (Basic awareness, needs support)
- expresses wants, needs & preferences
- Sometime recognizes emotions
- participates in well-being activities

#### • Profile - 2

- (developing Independance, needs a supportive env)
- Shares ideas
- Uses strat. to manage emotions
- Takes partial responsibility for well-being
- Connects act<sup>n</sup> with consequences

#### • Profile - 3

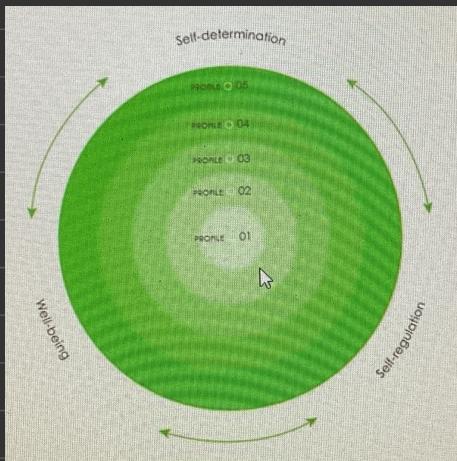
- (growing self-regulation, more Independance)
- Set goals
- Make safe n beneficial choices
- Understands emotional triggers

### • Profile -4

- (independant & responsible)
- recognizes personal value n rights
- sets n adjusts goals effectively
- Maintain a bal. lifestyle
- Seek social supp when needed

### • Profile -5

- (self-motivated & ethical decision-maker)
- Takes ownership of learning & behaviour
- Make ethical & informed decisions
- Advocates for self n engages in Social issues



### • Types of responsibility

↳ res may vary by role

- Personal res
- Moral res
- Legal res
- Social res

### \* ppl have res towards :-

- themselves
- their fam
- their local Community
- their country
- the world

## Individual Res

### 1. Res towards urself

- become self reliant i.e earn
- stay fit n healthy
- balance self - interest

### 2. Res towards fam

- Spend quality time
- Care n earn
- Teach good to children
- Prioritize them

### 3. Res towards work

- fulfill job res
- be a leader n lead

### 4. Res towards Country

- pay taxes
- vote for better governance
- provide feed back

### 5. Res towards humanity

- donate
- speak against injustice
- respect individual rights

### ● PERMA Model

Developed by psychologist ' Martin Seligman , the PERMA model highlights 5 key elem's of well-being

1. (P) Positive emotn : Cultivating joy , gratitude & hope enhances happiness

2. (E) Engagement : Fully immesing in activities (work , hobbies) leads to personal satisfctr

3. (R) Relationship : Strong social connectn provide emotional support & fulfillment

4. (M) Meaning : Having a purpose in life inc motivatn n directn

## 5. (A) Accomplishment - Achieving goals builds confidence n self-growth



( " Write more pts  
on ur own " )

### Benefits of well-being

Ppl with high well-being tend to :

- perform better at work
  - have fulfilling relationships
  - stay healthier n live longer
  - develop better coping skills
  - live longer
  - have fewer sleep prob
  - greater self-control
  - more prosocial
  - less depression n anxiety
  - better performance at org
- ⋮  
etc etc

### • Social Responsibility Competencies

Social Res is the ability & mindset to recognize the interdep blw individuals n society and the enviro

3 Interrelated SEL competencies are :-

1. Positive personal & cultural identity (PPCI)
2. Personal awareness & responsibility
3. Social responsibility

## Four key facets of Social res

### 1. Contributing to community & caring for the env

Students take responsibility for social, physical, and natural env

#### • Sample "I" Statements

- With support, I can be part of a group
- I participate in activities to improve my school, etc.
- I recognize how my act" affect others & the env
- I analyze complex social/env issues & take act"

### 2. Solving probs in peaceful ways

Studs appreciate diff perspectives & apply prob. solving strategies

#### • Sample 'I' Statmen"

I can solve some problems myself and know when to ask for help.  
I identify problems and compare solutions.  
I clarify problems, consider alternatives, and evaluate strategies.  
I generate multiple strategies and weigh consequences before acting.

### 3. Valuing diversity

Studs respect diversity, advocate for human rights & act ethically

#### • Sample "I" Statement

I demonstrate respectful and inclusive behavior.  
I recognize unfairness and advocate for others.  
I take action to support diversity and human rights.  
I understand how diversity benefits my community, including online.

### 4. Building Relat"ships

Students develop & maintain the rel"ship

#### • Sample " I " Statmemb

I can be part of a group with support.  
I am kind, cooperative, and build friendships.  
I help others feel included and offer support.  
I sustain positive relationships with diverse people and generations.

## Social Res Competency profiles

These profiles include the 4 facets and describe student progress from basic awareness to active leadership

Profile	Description
1 Beginner	I am aware that people are different. I interact with friends and can be part of a group with support.
2 Developing	I participate in group activities, share feelings, and solve some problems independently. I recognize unfairness and include others.
3 Growing	I contribute positively to my surroundings, express opinions respectfully, and compare solutions. I support and care for elders.
4 Proficient	I take <b>purposeful action</b> , respect differences, advocate for others, and sustain intergenerational relationships.
5 Leader	I initiate <b>sustainable change</b> , analyze complex issues, take thoughtful actions, and support diversity and human rights.

## Social Responsibilities of business towards the Community

Businesses must actively contribute to Society in various ways

### • Industrial development

- Support rural employment via "Self-help", etc programs
- Conduct Surveys
- Give local employment opportunities
- establish skill-based industries like weaving, pottery, etc

### • Agricultural Support

- Assist with livestock breeding, modern farming, etc
- provide seeds, fertilizers, aid, etc
- Strengthen agri & indus sector links

### • Housing facilities

- Improve rural & urban living cond'
- Help with sanitat", slum clearance
- Make affordable housing project projects
- Generate labour employment

- Transportat" development

- Assist in public transport improvement
- Assist in road planning
- enhance vehicle efficiency
- generate public trans awareness

- Health & ed Initiatives

- improve sanitat", drainage ,etc
- provide resources like clean water , meds ,etc
- provide mock drills
- promote ed

- Industrial aid to urban ed

- Business org shld support schools , collges ,etc
- provide financial help & scholarships
- promote ed
- Make Schools

- Social Audit for Business accountability

- evaluate a company's social impact on shareholders , customers , employers & govt.

- Four Step process :-

- i) identify activities with social impact
- ii) explain reasoning behind these act"
- iii) evaluate company performance
- iv) Align business goals with societal well-being

Till Social Responsibility

All the Best !!