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ERASMUS+ KA220- YOU – Cooperation partnerships in youth.
“CURIE – Changes for youth education in relationship management with Emotional Intelligence” - 2023-1-IT03-KA220-YOU-000160281

SKILL 4: SOCIAL AWARENESS

Theoretical concept:

Platón says, “Conscience is a compass for good and a brake for evil.” A well-formed conscience is a leap towards intelligence and human development.

Social consciousness, according to Goleman (1995), refers to the ability to perceive what others are feeling and experiencing and to respond appropriately to those emotions. It is fundamental for empathy and the creation of meaningful and collaborative relationships. This competency is based on three components:

- **Empathy:** Feeling and understanding the emotions of others.
- **Organizational Awareness:** Detecting and understanding social dynamics within a group or community.
- **Service:** Having a genuine desire to help and support others.

Developing social awareness is crucial for both individuals and organizations, as it fosters healthy relationships, mutual respect, and a more inclusive and equitable society.

Social consciousness, according to Bisquerra (2017), is the ability to maintain good relationships with other people and contribute as a member of the community to which we belong. This involves mastering basic social skills such as respect, cooperation, prosocial attitudes like gratitude, acceptance of others' ideas and opinions, seeking and offering help, appreciating differences, and more.



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Importance of educating with social awareness

Educating with social awareness equips young people with socio-emotional skills that help them understand others' situations. It also helps them understand the behavior of others and realize that the actions of oneself or others have consequences for all members of society.

When educating with social awareness, young people develop the ability to:

- Understand the norms of behavior in different environments.
- Recognize the demands and opportunities in a particular context or situation.
- Acknowledge their own strengths and those of others.
- Identify social norms, including those that are unjust.
- Understand the influence of organizations, systems, and ideologies on their own behavior and that of others.

Strategies to improve Social Awareness:

1. **Fostering Empathy:** The pandemic highlighted the need to foster empathy as a key value to face social challenges. Educational initiatives and awareness campaigns on the importance of understanding others' emotions can strengthen social awareness (Decety & Lamm, 2006). Why practice empathy?:

- Helps people help others.
- Reduces discrimination.
- Promotes altruistic acts.
- Encourages actions against inequality.
- Contributes to personal well-being.



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According to Martínez and Pérez (2011), empathy allows us to perceive, share, and understand the emotional states of others, and it is essential for successfully navigating the social world.

- **Narratives and testimonies:** Using personal stories and testimonies to foster empathy and understanding of others' experiences.

- [YouTube link 1](#)
- [YouTube link 2](#)

- **Volunteering:** Encouraging participation in volunteer activities that expose people to different social realities.

2. Promoting Dialogue and Active Listening:

- **Discussion groups:** Create safe spaces for people to share their experiences and viewpoints.

- **Active listening:** Promote active listening and respect for others' opinions and feelings.

- ## 3. Promotion of Diversity and Inclusion:
- It is crucial for institutions, both public and private, to promote social awareness through inclusive policies and support for communities most affected by the crisis. Organizations must facilitate spaces for dialogue and cooperation to address emerging social dynamics.

- **Inclusive policies:** Implement policies that promote diversity and inclusion at all levels of the organization or community.

- **Celebration of diversity:** Celebrate and recognize cultural, ethnic, gender, and sexual orientation diversity through events and activities.



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4. Reflection and Self-Criticism:

- **Self-reflection:** Encourage self-reflection on personal biases and stereotypes, and actively work to dismantle them.
- **Constructive feedback:** Create a culture where constructive feedback on non-inclusive behaviors or attitudes is well received and taken seriously.

Activities to develop Social Awareness and Empathy:

Role-Playing (Simulation):

Objectives:

- Put yourself in the shoes of others by representing and observing everyday situations.
- Reflect on empathy through concrete situations.

Development: Represent everyday situations in groups of 3 or 4 students, for example, scenarios where a classmate was upset because they were mocked, or moments of tension before an evaluation. These representations will visualize emotions and difficulties related to the lack of empathy. After the role-play, observers comment on what they saw in each scene, and then, those who performed the role-play explain what they were trying to represent, leading to a group discussion.



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Incomplete Sentences:

Objectives:

- Reflect on the practice of empathy by exploring different situations.

Instructions: Complete the following trigger sentences.

1. Complete the sentences:

- ☐ When I help others, I feel...
- ☐ When others help me, I feel...
- ☐ I would like to...

2. Recognizing emotions in different situations:

- i. Your dog is very sick, and you need to take him to the vet.
- ii. Your friend lent you a pencil, and you don't want to give it back.
- iii. Your friend lent you one of their things, and you accidentally broke it.
- iv. No one wants to play with you.



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