



## Further engagement

## ACTIVITY



60 minutes  
approximately

# What is my involvement profile?

This activity introduces voters in training to different forms of involvement. They will answer a questionnaire to determine their involvement profile.

## OBJECTIVES

*Discover the different forms  
of involvement*

*Question the interests  
and motivations that drives  
us personally to get involved*

## SUBJECTS

Culture and citizenship in Québec  
Geography, history and citizenship education (elementary)  
History and citizenship education (secondary)  
Contemporary world

## MATERIAL REQUIRED

- ✓ Copies of the Voters in Training activity sheet
- ✓ Sticky notes
- ✓ Whiteboard or large piece of poster board

**What is my involvement profile?****SUGGESTED STEPS****To get started**

Ask voters in training to think of people close to them or prominent figures who are involved in the community. Why do you think these people get involved? What qualities does someone need to get involved? What motivates someone to get involved? What impact do their activities have?

1. Referring to the section titled “A bit of theory” below, introduce participants to different ways of getting involved. Point out that all citizens can play an active role in their community.
2. Divide students into teams of three or four and have them take 15 minutes to brainstorm different forms of community involvement.
3. Provide each team with sticky notes to write down ideas. Ask participants to write each idea for getting involved on a separate sticky note.
4. Collect the sticky notes and keep them on hand.
5. Hand out copies of the Voters in Training activity sheet. Ask participants to complete the questionnaire individually to determine their involvement profile.
6. Discuss the completed profiles: Is the involvement profile assigned to you by the questionnaire accurate? Why?
7. Draw a table with four columns on the whiteboard or a large piece of poster board. Label the columns with the four different involvement profiles: Philanthropist, Communicator, Scholar, Activist. Take the sticky notes on which participants had written different ways of getting involved. Read the ideas out loud and ask participants to help you assign them to a profile.
8. Referring to the whiteboard or large piece of poster board, ask participants the following questions:
  - Would you be interested in pursuing the ways of getting involved associated with your profile?
  - Are there any other activities, causes or organizations you might feel motivated to participate in?

**What is my involvement profile?****A BIT OF THEORY**

Getting involved in democracy means no longer being a spectator in the life of your community. It also means being at the heart of the action, where you can help promote a particular cause or idea.

There are many reasons to get involved in your community. You don't need to support a specific political party. You might want to support a cause or an organization, to promote ideas that are important to you, etc. Whatever the reason, getting involved is a good way to achieve social integration and to become an important member of society.

There are diverse ways of participating in democracy. Here are some different forms of involvement:

**Political participation** can mean running as a candidate in an election or voting to elect people who will represent you. It can also involve exercising freedom of association and the right to sit on governance bodies, such as boards of directors. You can participate in political life at the municipal, provincial and federal levels.

**Public participation** requires spaces for debate and deliberation. These spaces allow citizens to get involved in collective decision-making, a process that enriches society and contribute to its development. Good examples of participation in public life include participatory budgeting, submitting briefs, advocacy through petitions or demonstrations, and public consultation processes.

**Social participation** often means getting involved with an organization to advance a specific cause. It can simply involve becoming a member of an organization. A person can also get involved as a volunteer at school, at work or in the community. Social participation can also be more informal. At a personal level, it can refer to ethical consumption practices or even to how you contribute to your own family.

**What is my involvement profile?****Getting involved at an early age**

A commitment to getting involved can develop at a very early age. For instance, young people can take an interest in issues affecting their community and express their views in a variety of ways:

- by submitting open letters to publications such as a school newspaper, a neighbourhood newspaper or a municipal newsletter;
- by participating in public debates organized at school, in the community, online, etc.;
- by helping to create works of activist art (songs, paintings, plays, etc.);
- by discussing political developments with people close to them.

Participating in the political process at school (starting in secondary) is another great way to familiarize yourself with democratic institutions while becoming actively involved in your school community. Student council is certainly an excellent starting point for political involvement.

The Vox populi: ta démocratie à l'école program is offered by Élections Québec. It helps elementary or secondary schools set up a student council. In concrete terms, this program allows students to experience an election process, to put democratic values into practice and to participate in decisions affecting the life of their school through a student council. For more information, visit [www.electionsquebec.qc.ca/voxpathuli](http://www.electionsquebec.qc.ca/voxpathuli).

You can continue your involvement at college and university by joining student associations or by participating in activities organized by student federations.

**What is my involvement profile?****ACTIVITY SHEET**

# What is my involvement profile?

**“If I get involved, what form of participation would interest me?  
What type of engagement best suits me?”**

**Answer the following questions to discover your engagement profile.**

**This questionnaire will help you think about different ways to get involved.**

- 1. You want to buy an item in a store, but you're undecided between two. What helps you make a decision the most?**
  - (a)** The item's manufacturing conditions: you prefer to buy a local product, an organic product, or a fair-trade product.
  - (b)** Its price: when you like two items, you choose the cheaper one.
  - (c)** Its originality: you like having things that are different from others.
  - (d)** Its usefulness: you prefer a practical item.
- 2. You must choose one of the following four jobs. Which one do you choose?**
  - (a)** Scientist
  - (b)** Doctor
  - (c)** Journalist
  - (d)** Artist
- 3. In a team, you are most often the person who...**
  - (a)** speaks on behalf of the group
  - (b)** organizes work and assigns tasks based on each person's skills
  - (c)** tries to resolve conflicts
  - (d)** finds solutions to problems
- 4. You are making a movie with your friends. What would you rather do?**
  - (a)** Direct the movie: supervise all activities and give advice to the actors
  - (b)** Film the scenes using a camera
  - (c)** Play the role of the hero of the story
  - (d)** You can do any task: you just want to be useful

**What is my involvement profile?****5. In your opinion, what is your main quality?**

- ☐ (a) Your resourcefulness: you can do several things
- ☐ (b) Your kindness: you listen to others a lot
- ☐ (c) Your generosity: you often help others
- ☐ (d) Your sense of responsibility: others can trust you

**6. A major earthquake hits Mexico. How do you react?**

- ☐ (a) You worry about the families and what they've lost.
- ☐ (b) You want to raise money to help the people in this region.
- ☐ (c) You wonder how we could prevent this kind of thing from happening.
- ☐ (d) You want to know more, so you do some research.

**7. What type of story do you prefer to read?**

- ☐ (a) An adventure novel
- ☐ (b) A story set in the past
- ☐ (c) The story of someone's life
- ☐ (d) A detective novel

**8. Which of these people inspires you the most?**

- ☐ (a) Albert Einstein, a scientist who made important discoveries
- ☐ (b) Martin Luther King, a pastor who fought against racism in the United States
- ☐ (c) Nelson Mandela, a politician who fought against laws that separated people of different races in his country
- ☐ (d) Mother Teresa, who helped the poor and sick around the world

**9. Which of these actions do you rather do?**

- ☐ (a) Communicate
- ☐ (b) Defend
- ☐ (c) Create
- ☐ (d) Help

## What is my involvement profile?

**10.** You earn a lot of money. You no longer need to work, nor does your family, and you still have plenty left over. What do you do?

- (a) You give some to organizations that help others.
- (b) You start a business to employ other people.
- (c) You give money to a company that develops technology or a medicine that improves people's lives.
- (d) You travel the world to help people in need.

## INTERPRETING RESULTS

Circle your answers in the table below. Next, add up the points in each column to determine your involvement profile!

Question	Profile 1	Profile 2	Profile 3	Profile 4
<b>1.</b>	(d)	(b)	(c)	(a)
<b>2.</b>	(b)	(c)	(a)	(d)
<b>3.</b>	(c)	(a)	(d)	(b)
<b>4.</b>	(d)	(a)	(b)	(c)
<b>5.</b>	(b)	(d)	(a)	(c)
<b>6.</b>	(a)	(d)	(c)	(b)
<b>7.</b>	(c)	(d)	(b)	(a)
<b>8.</b>	(d)	(b)	(a)	(c)
<b>9.</b>	(d)	(a)	(c)	(b)
<b>10.</b>	(a)	(b)	(c)	(d)
Total :	_____	_____	_____	_____

**What is my involvement profile?****Profile 1 The philanthropist**

Your friends are lucky to have someone like you by their side! You wear your heart on your sleeve and people can always count on you. You particularly enjoy forms of involvement that allow you to spend quality time with others. That only makes sense, because you're always ready and able to help, listen and make that little extra effort to bring joy into people's lives. Why not build on your people skills by getting involved and making a difference in the world around you?

**Ideas for getting involved:**

- volunteer with a homework help program, Big Brothers Big Sisters, the Breakfast Club, a peer support program, etc.;
- participate in awareness activities related to literacy promotion, disease prevention, drug abuse prevention, the fight against poverty, addiction services, etc
- visit isolated seniors or sick children;
- help launch community kitchens in your municipality!

**Profile 2 The communicator**

Intelligent and open-minded, you stand out for your leadership abilities and enthusiasm. A relaxed public speaker, you know how to grab attention and get your point across. Why not put your communication skills to work by getting involved in your community? It would be an opportunity for you to not only help promote a cause or project, but also meet inspiring people. Getting involved is a great way for a skilled communicator like yourself to make your mark, while enjoying the sense of satisfaction that comes with improving the quality of life in your community!

**Ideas for getting involved:**

- join an organization's board of directors;
- run for a position on student council or within an association;
- help organize a public event like a job fair, a sports competition, a cultural event or a reunion;
- participate in activities organized by the youth wing of a political party;
- launch a business activity like a service cooperative;
- host a program on a school or community radio or television station;
- take part in debates or forums on democracy!



**What is my involvement profile?****Profile 3 The scholar**

Your extensive knowledge allows you to find innovative solutions to a range of problems. You always bring good ideas to the table! You face challenges head-on. In fact, you tend to see them as learning opportunities or a chance to show just how creative you can be. Did you know that getting involved can be a way to gain recognition for your specialized knowledge in certain fields? The world of community involvement is full of opportunities for innovation, as well as for sharing and expanding your knowledge!

**Ideas for getting involved:**

- assist with fundraising (organizations are always looking for great ideas!);
- share your experience in a field by giving presentations or becoming a guide at a club or a centre in your neighbourhood;
- serve on a task force dealing with issues such as new green technology or climate change;
- volunteer your services to a community organization in a way that showcases your skills in accounting, information technology, graphic design, writing, etc.;
- participate in events such as forums, conferences or public consultations.

**Profile 4 The activist**

Whether you focus on social justice, sustainable development, human rights or the fight against poverty, you can do great things on behalf of a cause you care deeply about. You are a person of conviction. You find it important to build relationships with passionate people who share your values. In fact, you're probably already involved in your community! If not, you should look into taking the next step... You have all the qualities required to help further a cause!

**Ideas for getting involved:**

- help promote a cause by joining an advocacy group;
- take part in awareness campaigns, demonstrations or networking events;
- make social media posts, comment on current events and share your ideas on discussion forums;
- volunteer abroad;
- express your commitment through the arts (painting, song, film, etc.).



**Broaden  
Your  
Horizons**

There are many opportunities to get involved: at school, in your neighbourhood, as a member of an association, internationally... Getting involved helps you become more open to others and play an active role in your community. By taking action, you will also learn more about yourself while enjoying a sense of accomplishment. This year, take up the challenge of getting involved. You'll see just how exciting it can be!