



Name : \_\_\_\_\_

## AUTONOMY / AUTONOMIE

*How can one become autonomous  
as an individual or a group?*

### Scenario

As a baby, we are dependent on our parents to take care of us. As a student, we are dependent on teachers to educate us. As a teenager, we are dependent on our friends to feel acceptance. As an adult, we are dependent on money to live a comfortable life. As an elder, we are dependent on the health system to cure our wounds. As citizens, we are dependent on the economy to live in our city. As a 21<sup>st</sup> century generation, we are dependent on technology to socialize. And so on...

At some point in our life, we were dependant on certain things. We might still be or may still become dependent for other things. Dependence however often comes with its load of problems and restraints. This explains why we thrive to become more and more autonomous.

Related to this issue are numerous questions:

- What are examples of signs of autonomy as an individual? As a group?
- How exercising one's autonomy can become a source of tension?
- What connections are there between autonomy and the common good?
- What references support ethical reflection on autonomy?
- What are examples of signs of dependence as an individual? As a group?
- What qualities or emotions foster autonomy? What fosters dependence?

### Exercise

Identify with a checkmark whether the following lead to autonomy or dependence.

	<b>Autonomy</b>	<b>Dependence</b>
Consumption		
Friendship		
Love		
Academic success		
Thrill-seeking		

Define the following words.

<b>My own definition</b>	<b>The dictionary's definition</b>
Autonomy :	Autonomy :
Dependence :	Dependence :
Ethical :	Ethical :

### Implementation

In order to understand the concept of autonomy, we must explore the ethical sphere that surrounds it.

A glimpse of first term:

- Exploration of autonomy and dependence through space and time as well as the religious heritage that left its trace in Quebec
- Linking the theme of autonomy to the theme explored in French class «Laisser sa trace»
- **Ethical** reflection on different historical characters that have shown autonomy or dependence in various ways
- **Religious** intake on founders or influential figures, religious institutions and religious traditions part of Quebec's religious heritage
- **Dialogue** practice by identifying forms of dialogues and conditions that foster dialogue