

EXERCISE BOOK

CAHIER D'EXERCICES

NAME/NOM alex perlin

SUBJECT/ SUBJET health & wellness



WHAT MAKES A DEMOCRACY HEALTHY?



ACTIVE
PARTICIPATION
FROM ITS CITIZENS

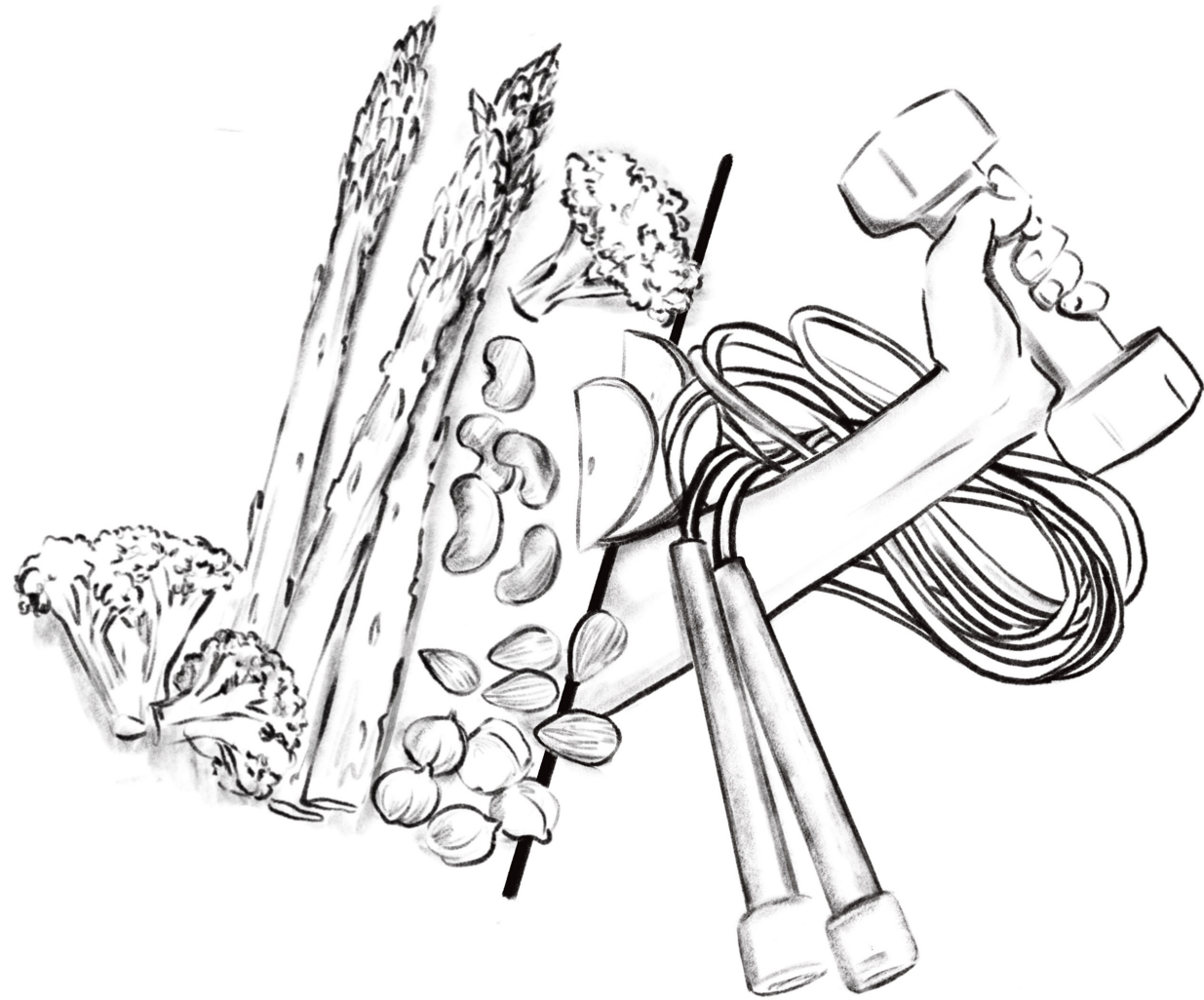
FREE
+FAIR
ELECTIONS

PROTECTION OF
HUMAN
RIGHTS

A RULE OF LAW
APPLIED EQUALLY FOR
ALL CITIZENS

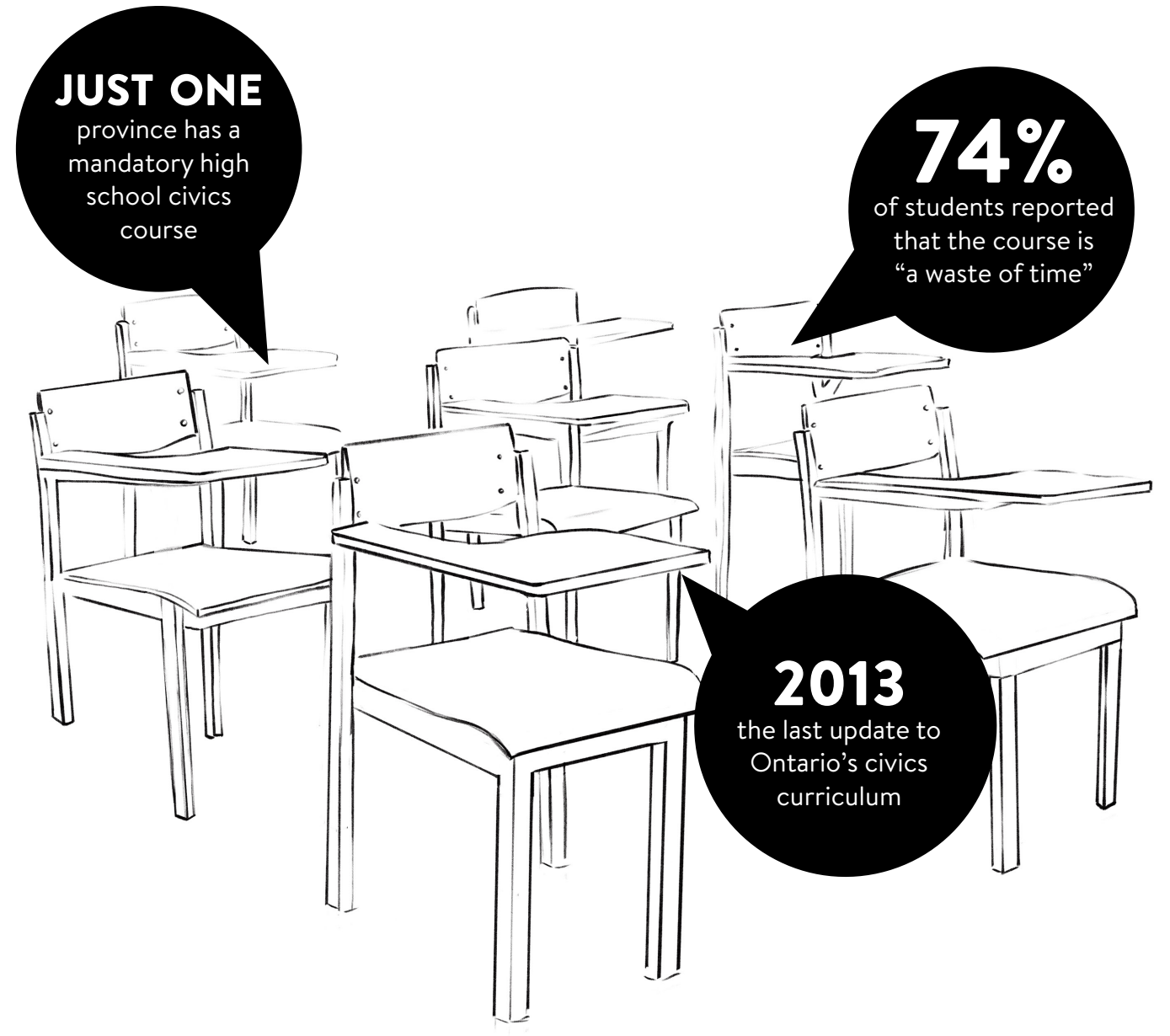
Healthy democracies rely on these four elements, according to Larry Diamond, an American political scientist. This book will focus on the role of active and engaged citizens.¹

WHAT'S INVOLVED IN ACTIVE PARTICIPATION?



Like our physical health, being actively engaged citizens requires a balanced approach. Democracies require a balance of rights and responsibilities, but balance also applies to what we **TAKE IN** as citizens in the form of education, media, and general information, as well as what we **PUT OUT** or how we participate and how that contribution impacts the larger community.

WHAT WE TAKE IN: THE HEALTH OF CIVIC EDUCATION



We might think of the classroom as a place for education around democracy and citizenship, but there is very little focus on civic education in Canadian curriculum. Only Ontario has a mandatory civics course that is taught in high school and many believe it is ineffective. It hasn't undergone a major update since 2013, suggesting that it neglects to teach current and developing issues around digital citizenship.²

GAPS IN CIVIC LITERACY: IDENTIFYING THE PREMIER



In 1984, Ontario's premier was Bill Davis.

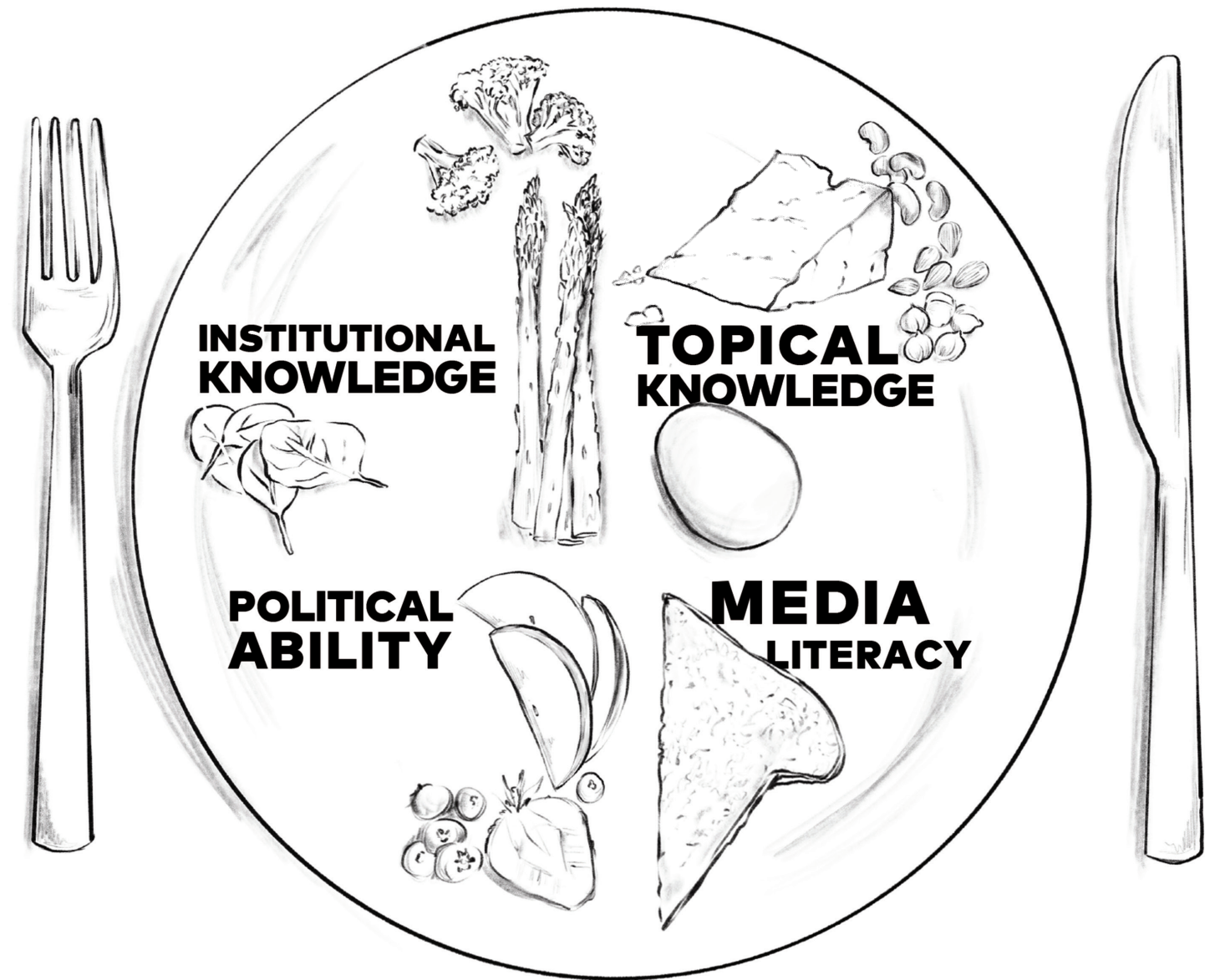
In 2015, Ontario's premier was Kathleen Wynne.



PREMIER WHO?

One study found that in 1984, 90% of Canadians surveyed could identify their premier, while in 2015, only 60% of Canadians could identify their premier. This is one example of a decline in civic literacy.³

A BALANCED DIET AND A HEALTHY DEMOCRACY



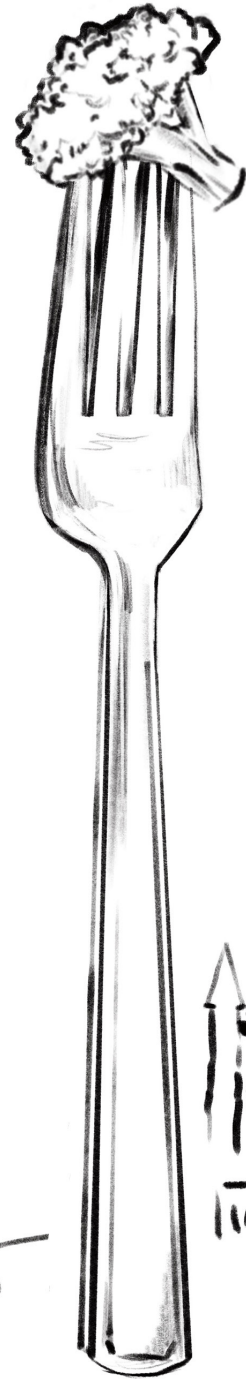
FOUR TYPES OF CIVIC LITERACY

Just as a balanced diet is made up of four food groups, there are four areas of civic literacy that make up a balanced understanding of citizenship. The Samara Centre for Democracy has identified them as Institutional Knowledge, Topical Knowledge, Political Ability, and Media Literacy.³

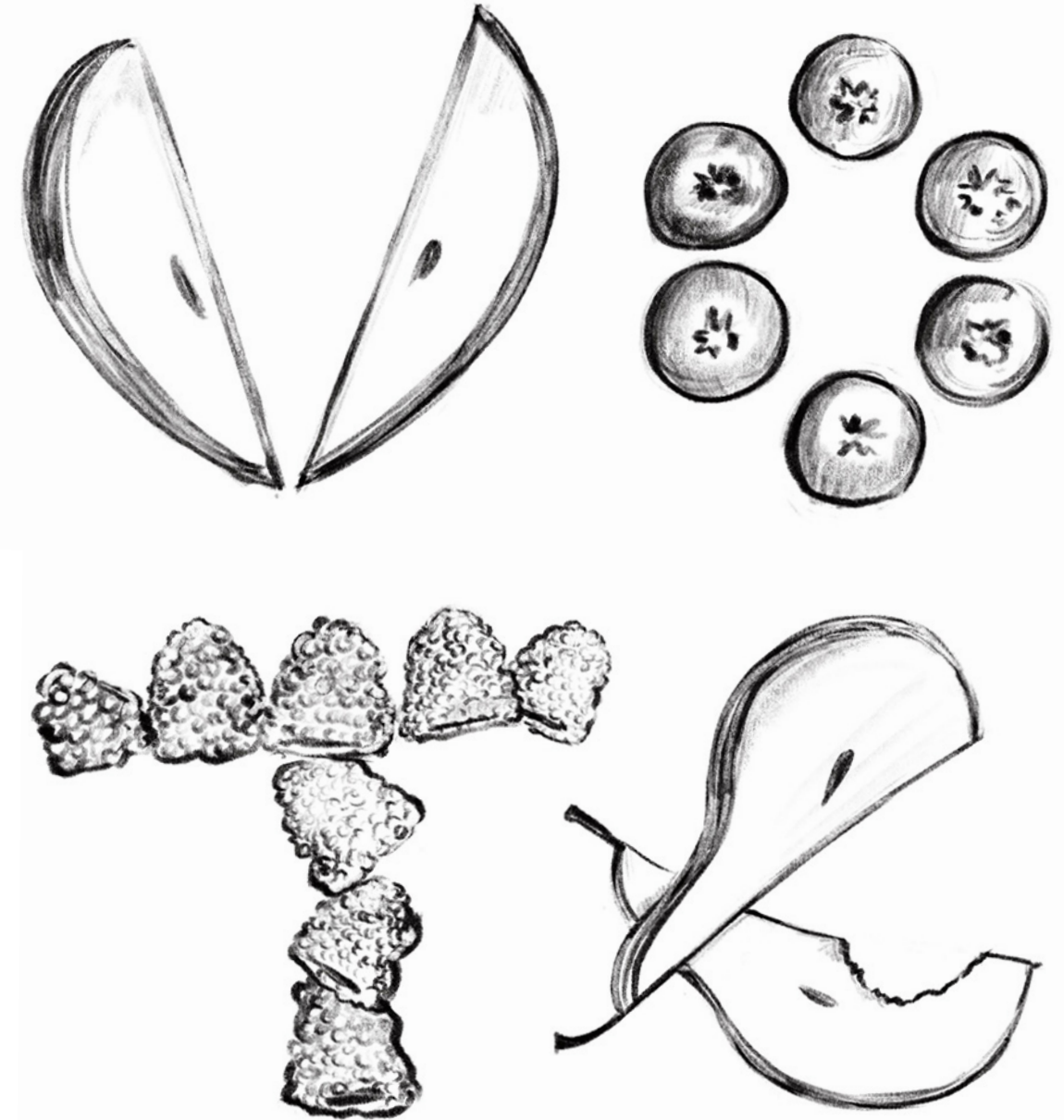
**A BALANCED DIET AND A HEALTHY DEMOCRACY:
FOUR AREAS OF CIVIC LITERACY**

**INSTITUTIONAL
KNOWLEDGE**

This quadrant represents a person's understanding of government institutions and processes in our democracy; knowledge of our political and cultural history as well as an understanding of political power dynamics.³



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POLITICAL ABILITY

A person who possess political ability has an understanding of how to participate, both at election time as well as in everyday life. They might take political actions such as writing to elected leaders, protesting or expressing their opinions on a particular issue or cause through social media.³

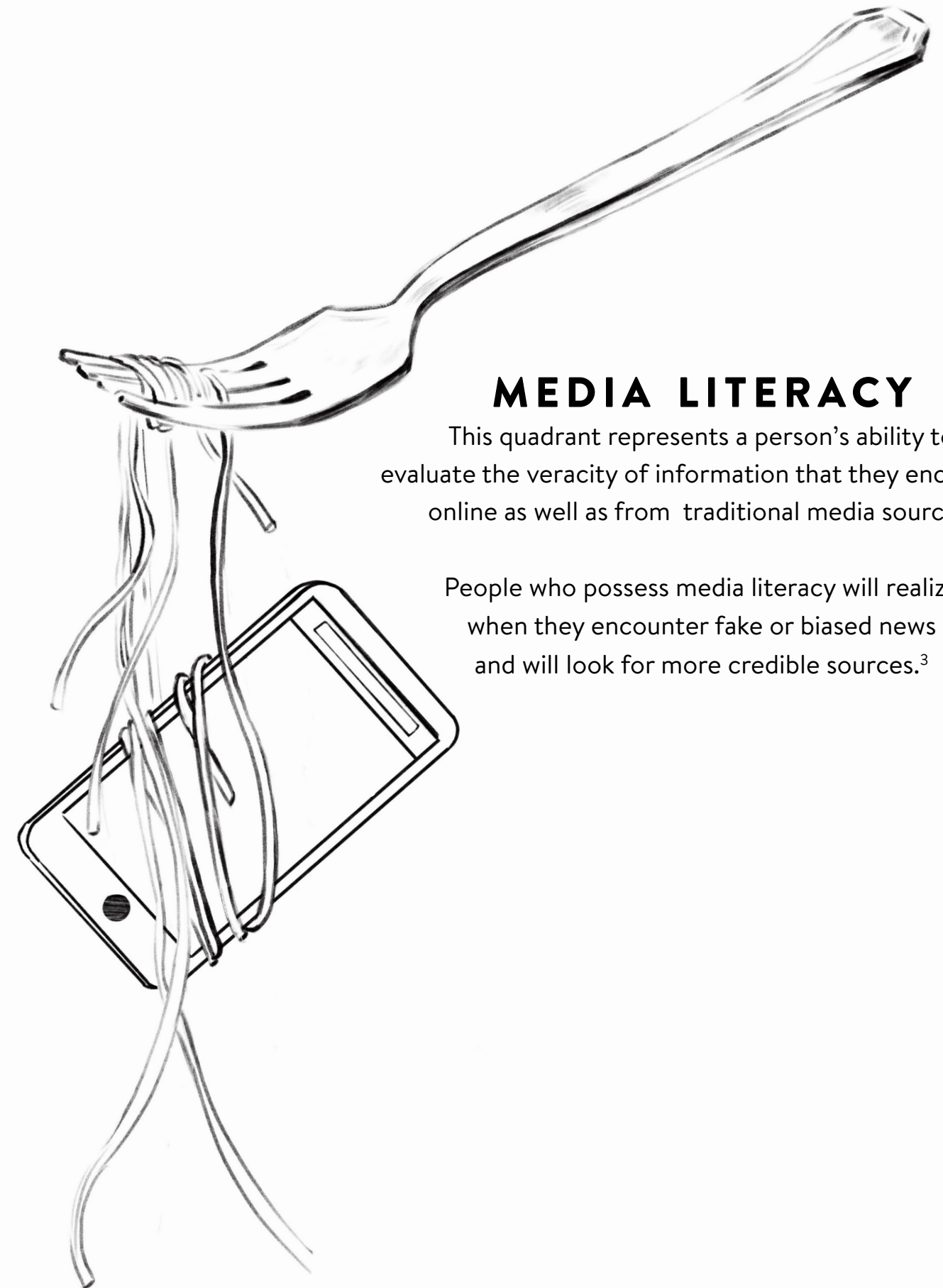
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TOPICAL KNOWLEDGE

A person who has strength in this quadrant knows who their elected leaders are, follows current issues and events, and is informed about policy decisions.³

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MEDIA LITERACY

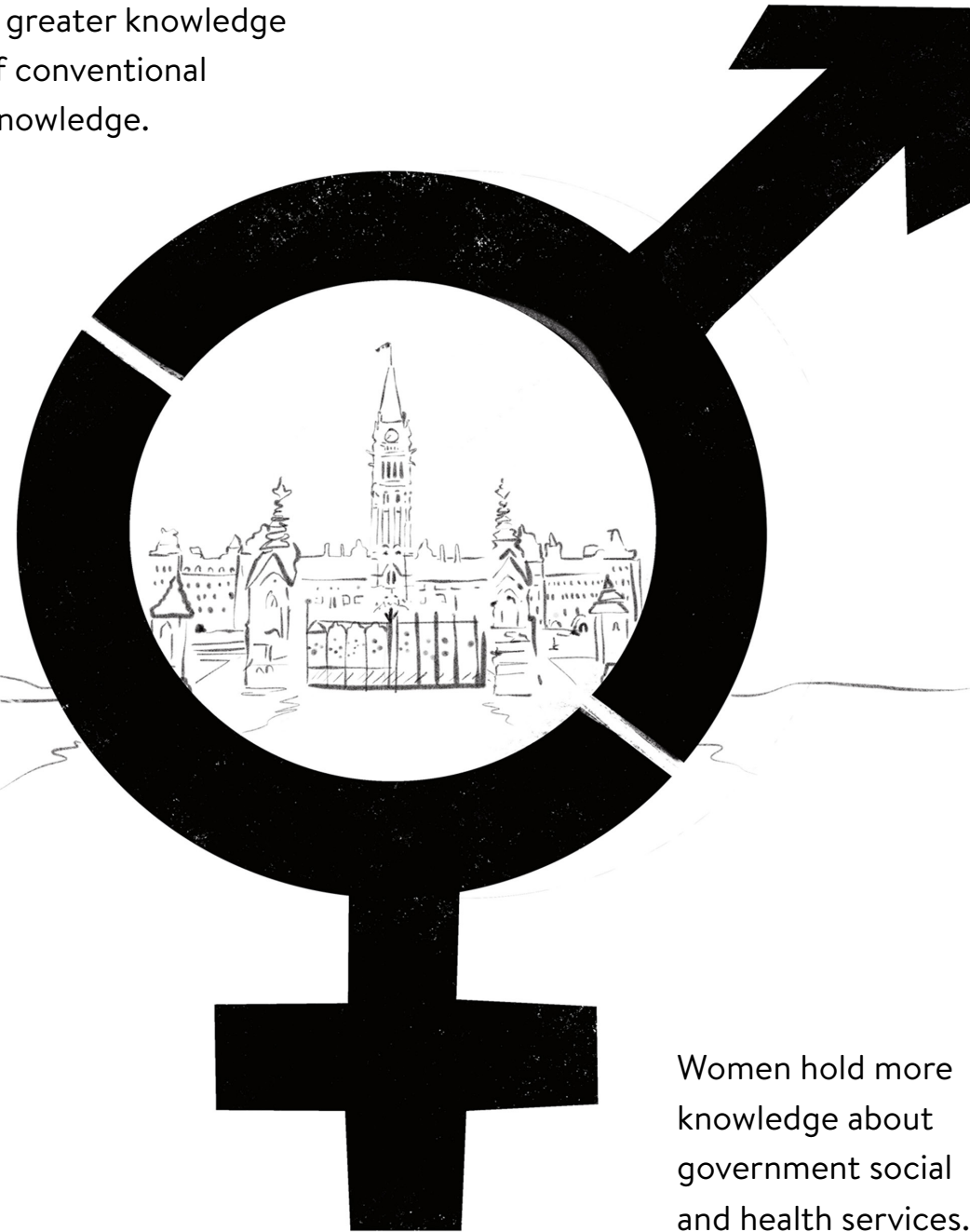
This quadrant represents a person's ability to evaluate the veracity of information that they encounter online as well as from traditional media sources.

People who possess media literacy will realize when they encounter fake or biased news and will look for more credible sources.³

GENDER DIFFERENCES IN CIVIC LITERACY

According to Canadian researchers, there are gender gaps in civic literacy.

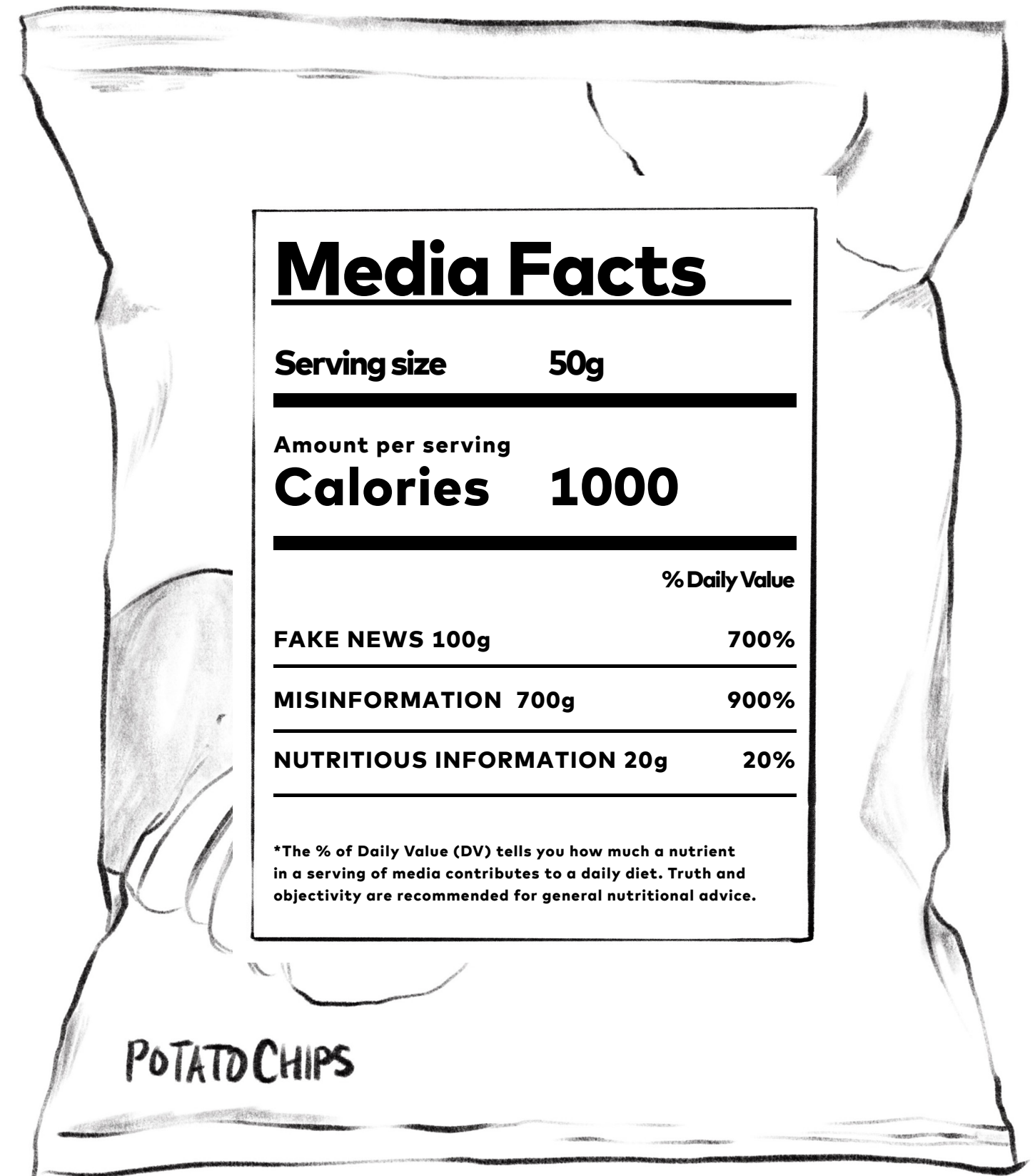
Men have greater knowledge in areas of conventional political knowledge.



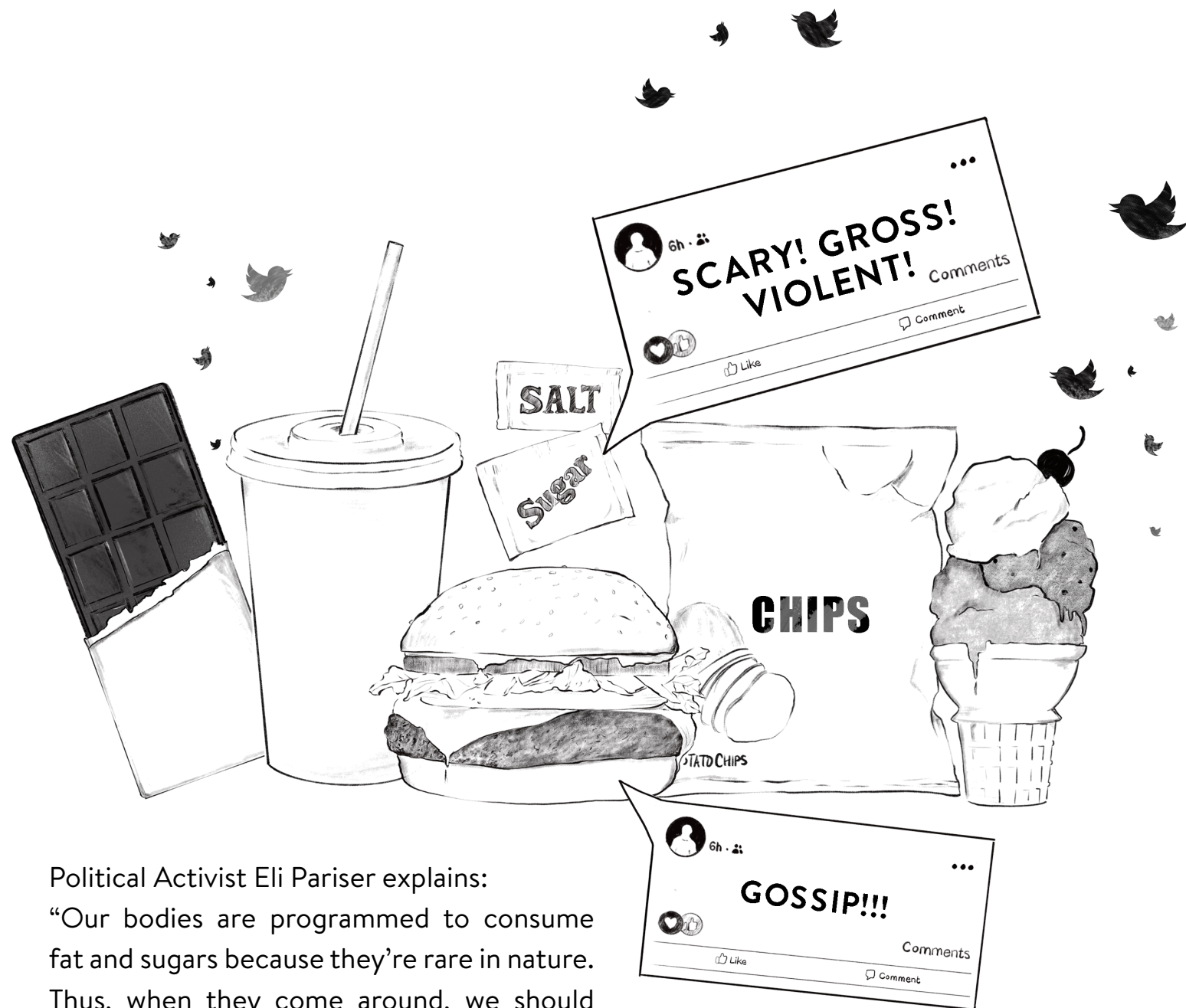
Women hold more knowledge about government social and health services.³

MEDIA CONSUMPTION AND LITERACY

The new and emerging media landscape demands an increased focus and education on the media literacy component of civic literacy.

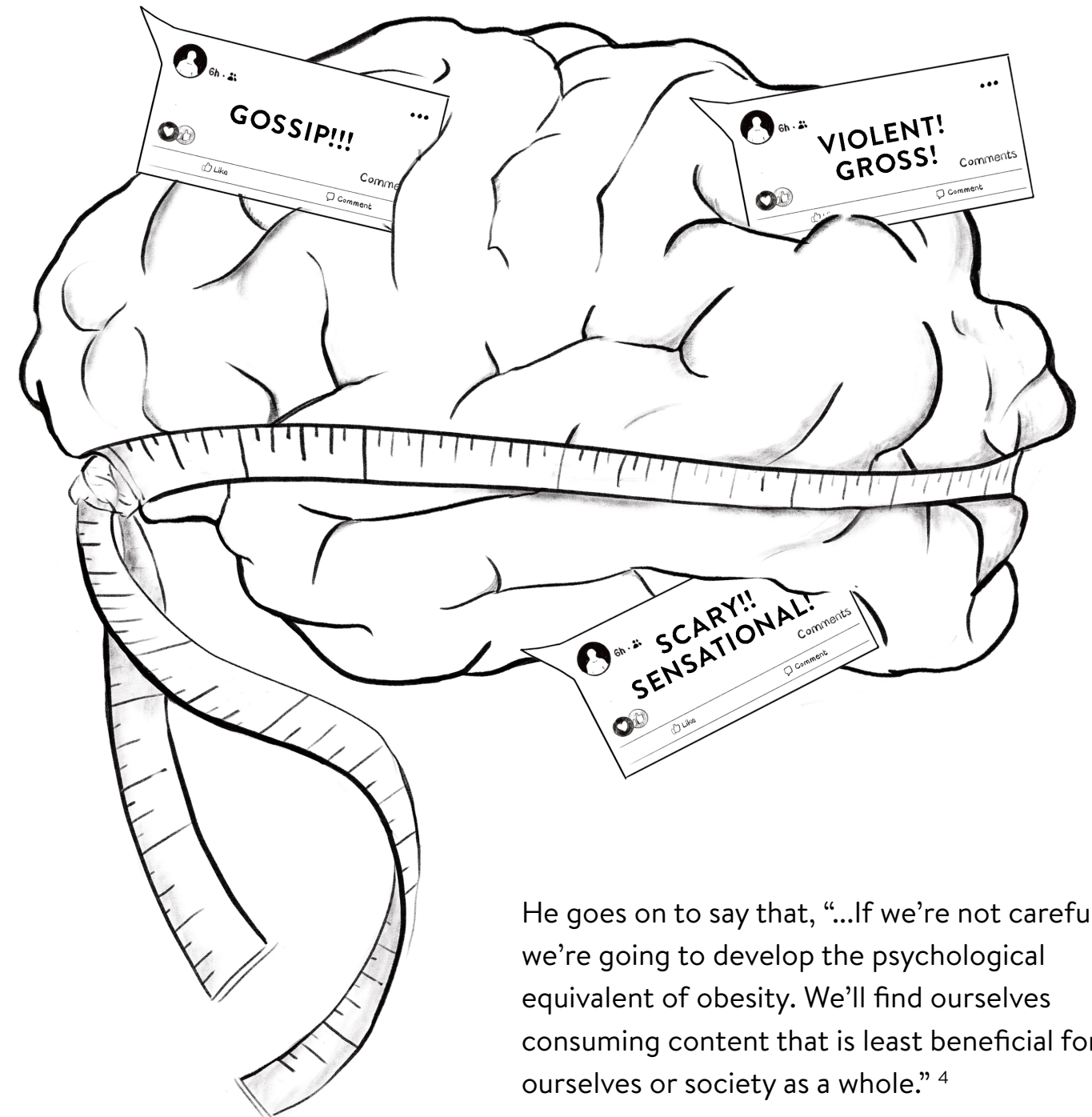


RISKS OF PASSIVE MEDIA CONSUMPTION



Political Activist Eli Pariser explains:
“Our bodies are programmed to consume fat and sugars because they’re rare in nature. Thus, when they come around, we should grab them. In the same way, we’re biologically programmed to be attentive to things that stimulate: content that is gross, violent, or sexual and that gossip which is humiliating, embarrassing, or offensive....”⁴

PASSIVE MASSIVE CONSUMPTION AND THE MIND



He goes on to say that, “...If we’re not careful, we’re going to develop the psychological equivalent of obesity. We’ll find ourselves consuming content that is least beneficial for ourselves or society as a whole.”⁴

GUIDE FOR IMPROVING MEDIA CONSUMPTION



KEY INGREDIENTS

We are only just learning what it means to be a good digital citizen, but experts agree that we need media training for young people and adults alike. Political scientist, Larry Diamond identifies three key ingredients to improving our media literacy: cultural reorientation stressing skepticism, embrace of the critical method and active consumption of the Internet.¹

EVERYTHING MEDIA IN MODERATION

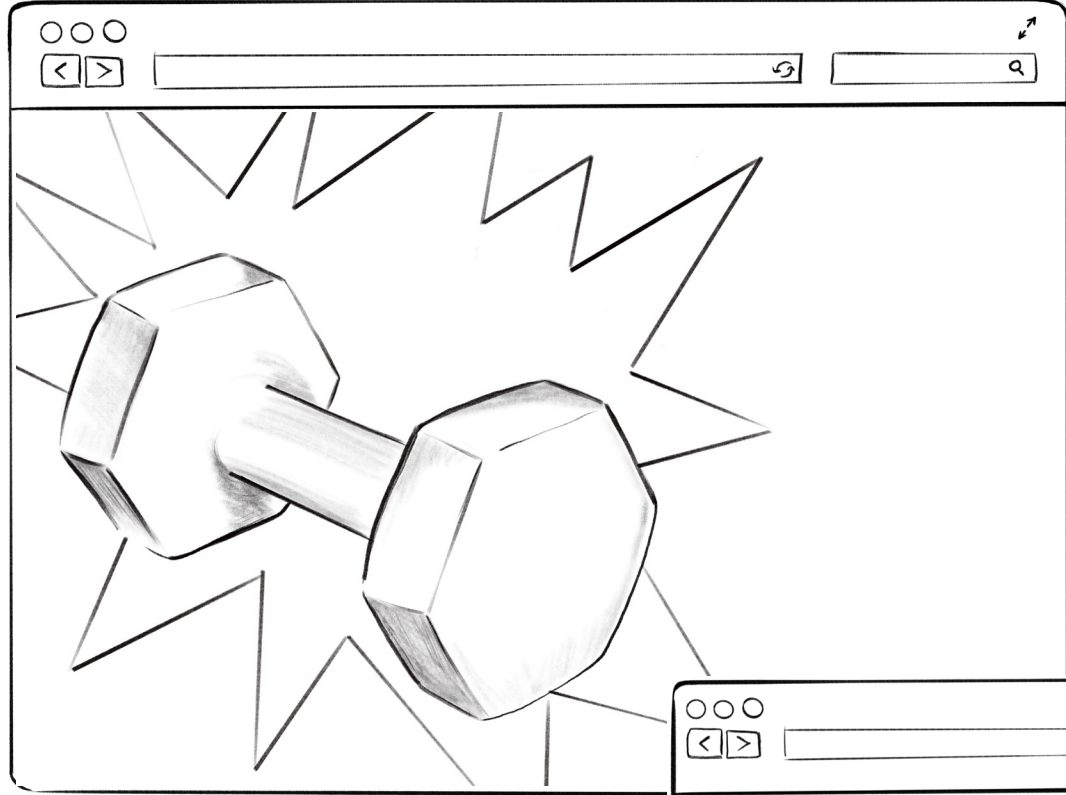


CONTROLLED EXPOSURE

Other experts assert that since the impact of digital media is unavoidable, we need to expose ourselves to harmful or manipulated content in a controlled environment and in moderation, just like we might with unhealthy food.

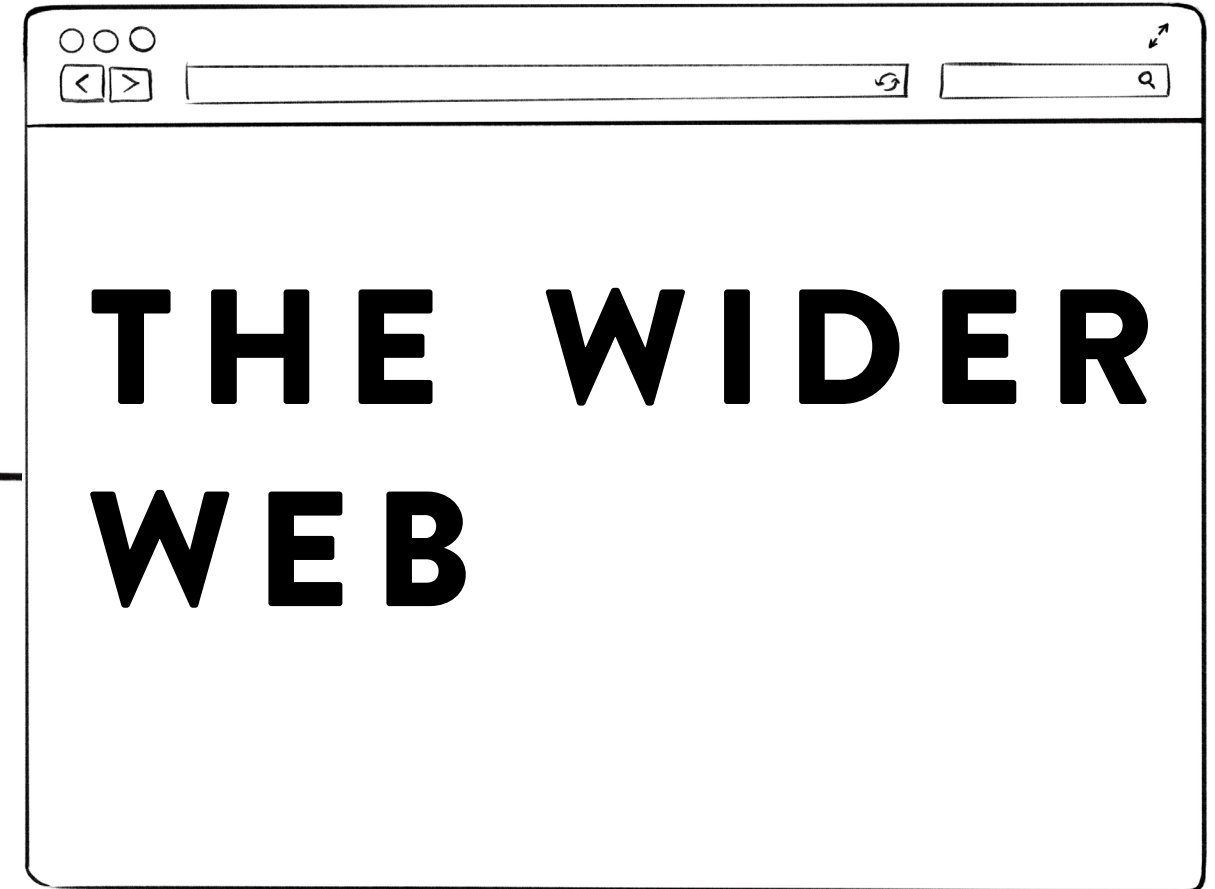
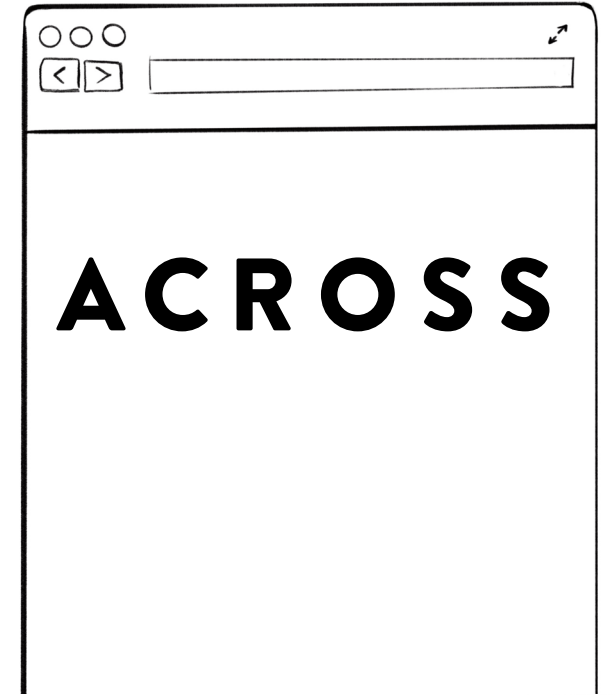
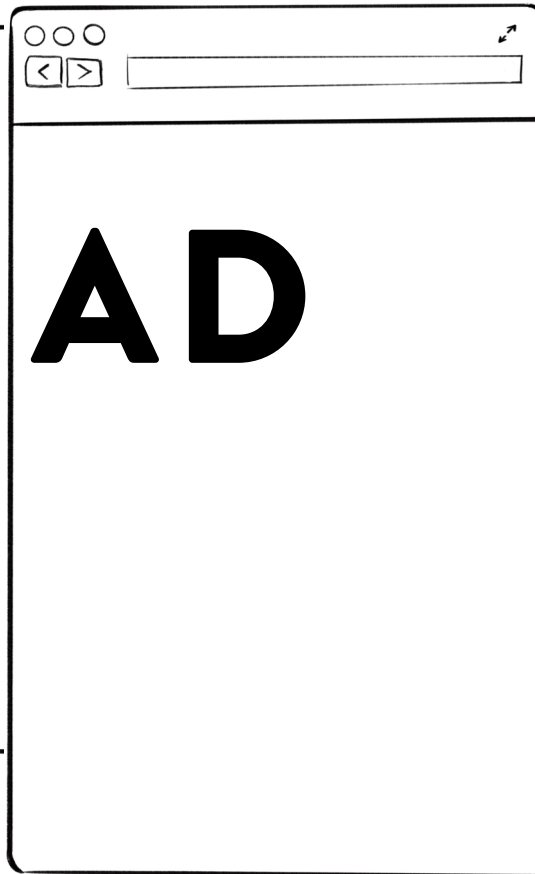
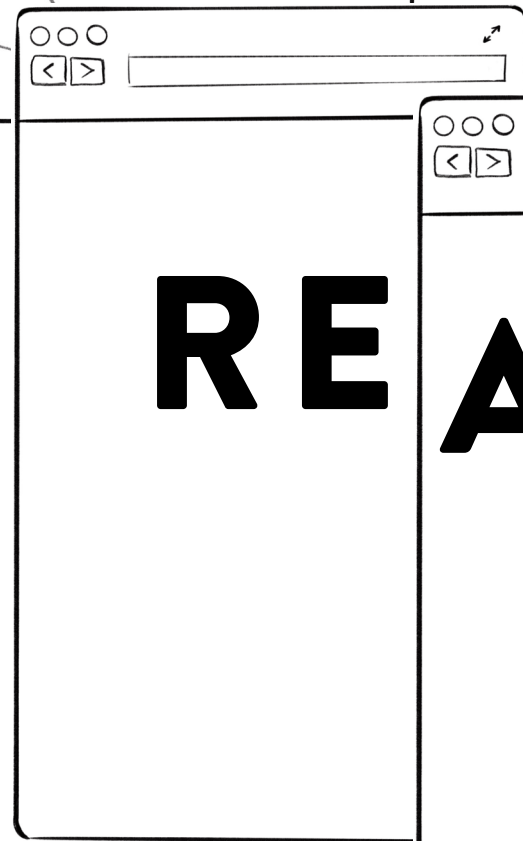
These experts suggest that students should be trained in how to use image manipulation software and should be exposed to fake headlines so that they can learn to distinguish reality from fiction.⁵

EXPERTS ENCOURAGE MEDIA TRAINING



HEALTHY LATERAL MOVEMENT

Researchers at Stanford have provided some tips for how to begin to be more discerning of the information we read online. They suggest looking outside of a given website by opening multiple web pages. This provides a wider survey of information.⁶



WORKS CITED:

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6. Wineburg, Sam et al. "Students' Civic Online Reasoning, A National Portrait." *The Stanford History Education Group*. 14 Nov. 2019, <https://sheg.stanford.edu/students-civic-online-reasoning>. Accessed 20 October 2020.



ASSEMBLED IN CANADA WITH IMPORTED MATERIALS.
ASSEMBLÉ AU CANADA AVEC DES MATIÈRES IMPORTÉES.