

Health and Social Care Component 1: Human Lifespan Development



Name _____

Teacher _____

Revision Booklet

Some of this learning is used in the Component 3 exam, in Year 11, so this is a good home learning workbook to consolidate your knowledge and understanding.

Task – jot down what you remember of Component 1 (year 9 content), below:

THINK : PIES for the following life stages - *Infancy (birth to 2 years), Early childhood (3–8 years), Adolescence (9–18 years), Early adulthood (19–45 years), Middle adulthood (46–65 years) and Later adulthood (65+ years).*

A1 Human growth and development across life stages – covered in year 9

Learners will explore different aspects of growth and development across the life stages using the physical, intellectual, emotional and social (PIES) classification.

A2 Factors affecting growth and development

Learners will explore the different factors that can affect an individual's growth and development. Different factors will impact on different aspects of growth and development.

B1 Different types of life event

Life events are expected or unexpected events that occur in an individual's life. Learners will explore the different events that can impact on people's physical, intellectual, emotional and social development.

B2 Coping with change caused by life events

Learners will explore how individuals can adapt, or be supported through changes caused by life events. People may react very differently to the same type of event.

Learning Aim A: Understand human growth and development across life stages and the factors that affect it

A2 Factors affecting growth and development

Physical factors, to include:	Inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease
	Experience of illness and disease
	Mental ill health – anxiety, stress
	Physical ill health – cardiovascular disease, obesity, type 2 diabetes
	Disabilities
	Sensory impairments
Lifestyle factors, to include:	Nutrition
	Physical activity
	Smoking
	Alcohol.
	Substance misuse

Emotional factors, to include:	Fear
	Anxiety/worry
	Upset/sadness
	Grief/bereavement
	Happiness/contentment
	Security
	Attachment
Social and cultural factors, to include:	Supportive and unsupportive relationships with others – friends, family, peers and colleagues
	Social inclusion and exclusion
	Bullying
	Discrimination
	Religion
	Gender roles and expectations
	Gender identity
	Sexual orientation
	Community participation
	Race
Environmental factors, to include:	Housing needs, conditions, location
	Home environment – living with a high level of parental conflict, experiences of abuse and neglect
	Exposure to pollution – air, noise and light.

Economic factors, to include:	Employment situation
	Financial resources – income, inheritance, savings.

Learning aim B: Investigate how individuals deal with life events

B1 Different types of life event

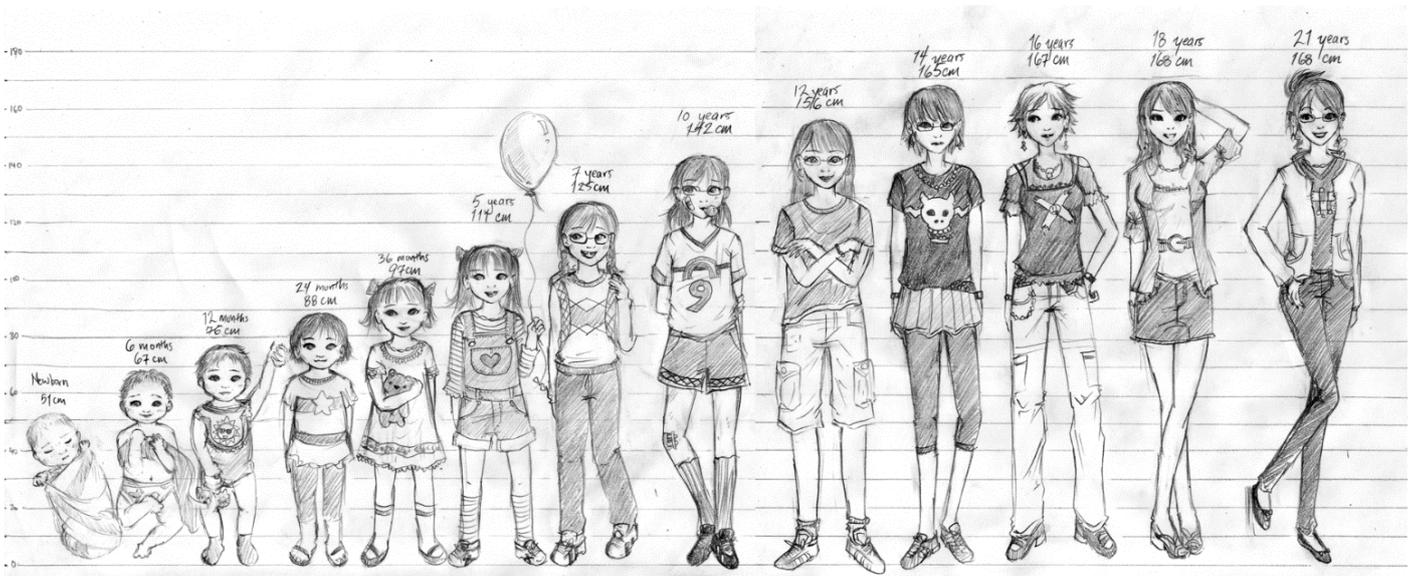
Physical events, to include:	Accident/injury
	Physical illness
	Mental and emotional health and wellbeing
Relationship changes, to include:	Entering into relationships
	Marriage, civil partnership, long-term relationship
	Divorce, separation for non-married couples
	Parenthood
	Bereavement.
Life circumstances, to include:	Moving house, school or job
	Exclusion from education
	Redundancy
	Imprisonment
	Changes to standard of living
	Retirement

B2 Coping with change caused by life events

The character traits that influence how individuals cope:	Resilience
	Self-esteem
	Emotional intelligence
	Disposition – a person's character traits e.g. positive, negative
Sources of support:	Family, friends, neighbours, partners
	Professional carers and services
	Community groups, voluntary and faith-based organisations.
	Multi-agency working, e.g. social services working with mental health trust, children's services working with the justice system.
	Multidisciplinary working, e.g. a health visitor working with a GP, psychiatric nurse with an occupational therapist.

Types of support:	Emotional help
	Information, advice and endorsed apps
	Practical help, e.g. financial assistance, childcare, domestic chores, transport.

Homework 1: Overview of Learning Consolidation Activity



What factors may affect an individual girl, aged 17 when she is growing up and developing? Give the girl a name and write about her like you know her.

What events may have happened in her life that affected her? Use your imagination, be creative!

Homework 2

Factors Affecting Growth and Development: Physical

Physical factors are influences which can have a direct impact on an individual's development and growth.

Define what is meant by 'Inherited conditions':

Summarise the condition in the table including; Symptoms, Impact on PIES, and Treatment

<u>Sickle Cell Disease</u>	<u>Cystic Fibrosis</u>
<u>Muscular Dystrophy</u>	<u>Marfan Syndrome</u>

Homework 3

Factors Affecting Growth and Development: Physical

How illness and disease might affect PIES development

- Choose one (1) illness and one (1) disease to conduct your research on, choose from the boxes below

Illnesses:

- Asthma
- Epilepsy
- Diabetes
- Crohn's disease
- Cystic fibrosis

Diseases:

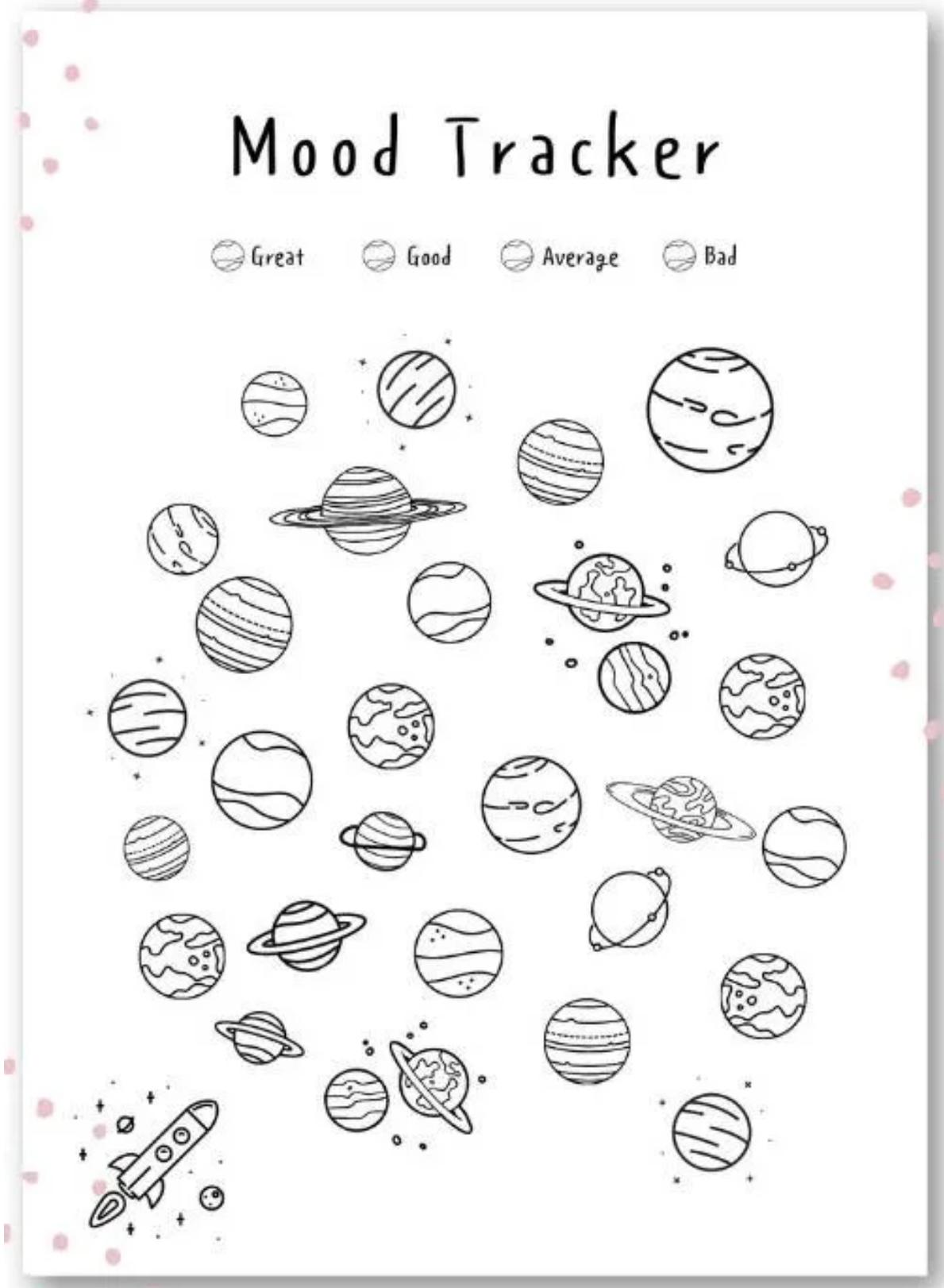
- Meningitis
- Tuberculosis
- Polio
- Chronic fatigue syndrome
- Measles

Task; You must complete this by writing in paragraph format, below

Homework 4

Factors Affecting Growth and Development: Physical

Task; Over the next few weeks, track your mood by completing this exercise.



Homework 5

Factors affecting growth and development: Lifestyle

A healthy diet

1. List examples of a healthy diet

2. Assess the ways in which a healthy diet can impact PIES development, starting with the following sentence:

A healthy diet can...

An unhealthy diet

1. List examples of an unhealthy diet

2. Assess the ways in which an unhealthy diet can impact PIES development, starting with the following sentence:

An unhealthy diet can...

Homework 6

Factors affecting growth and development: Lifestyle

What are the examples of lifestyle choices you need to know about?

Life stages	Give a detailed example of a lifestyle choice made in each life stage and explain why this is so
Infancy (0-2 years)	
Early Childhood (3-8 years)	
Adolescence (9-18 years)	
Early Adulthood (19-45 years)	
Middle Adulthood (46-64years)	
Later Adulthood (65+)	

Homework 7
Factors affecting growth and development: Emotional

Q: How can anxiety affect an individual's PIES development?

A:

Q: How can bereavement affect an individual's PIES development?

A.

Q: How can happiness affect an individual's PIES development?

A.

Q: How can having a strong attachment affect an individual's PIES development?

A.

Homework 8

Factors affecting growth and development: Social

- Define the following key terms:
 - Social isolation
 - Bullying
 - Discrimination
- How would living alone affect development?
- How would a lack of social interaction affect development?
- How do you think the local community could help? Make a few suggestions and explain them

Homework 9
Factors affecting growth and development: Cultural

Q: How does culture affect development?

A:

Q: How does gender affect development?

A:

Q: How does sexuality affect development?

A:

Q: How does race affect development?

A:

Homework 10
Factors affecting growth and development: Environmental

Q: How does living in a damp, cramp house affect development?

A:

Q: How does living in a city affect development?

A:

Q: How does living in a household where there is conflict affect development?

A:

Q: What types of pollution are there? Give a definition of each.

A:

Homework 11
Factors affecting growth and development: Economic

What is meant by income? Give examples of what this is

What is expenditure? Give examples of what this is

What is meant by the term, material possessions? Give examples

How can having a low income, effect a person's growth and Development negatively?

How can having a low income actually be a positive? (Hint; new skills, creative

And finally, just for fun... What would you do if you won a million pounds?!!

Homework 12

Life events affecting growth and development

Read the list of life events below. Now tick a column to show whether you think the event could be expected or unexpected. You may decide that it could be both, depending on the person or situation.

Life event	Expected	Unexpected	Both	Your reason why
Accident/ injury				
Redundancy				
Imprisonment				
Parenthood				
Ill health				
Bereavement				
Moving house				
Changing job				
Moving to new school/ college				
Starting school or college				
Marriage				
Retirement				
Exclusion from education				
Divorce				
Entering into a relationship				

Homework 13
Life events affecting growth and development

USE 2 DIFFERENT COLOURS TO ANSWER QUESTIONS A & B

- a. Which ones are likely to have the most impact on an individual's development?
- b. Which ones are likely to have the least impact on an individual's development?
- c. Now identify if each factor is Physical, Intellectual, Emotional or Social by adding a P/I/E/S (Some may be more than just 1!)

Accident/injury	Bereavement	Changing job
Exclusion from education	Ill health	Imprisonment
Moving to new school/college	Parenthood	Redundancy
Divorce	Marriage	Retirement
Entering into a relationship	Moving house	Starting school or college

Homework 14

Life events affecting growth and development: Physical

Watch the 30 minute programme about Rob Burrows, former professional rugby player for Leeds Rhinos. Then answer the questions that follow:

<https://www.youtube.com/watch?v=y-y014GAhKo&t=143s> (Rob Burrows: My year with MND)

1. What disease was Rob diagnosed with?

2. How does the disease physically affect his body?

3. How does the disease affect him intellectually?

4. How does the disease affect him emotionally?

5. How does the disease affect him socially?

6. What support does Rob have?

7. How will Rob lose his independence?

8. How has Rob had to adapt and change the way he lives?

9. How does Rob's mind-set help him to cope?

10. Why is Rob an inspiration?

Homework 15

Life events affecting growth and development: Relationship changes

Pick and describe 5 celebrities of your choice who have experienced each of the following life events. Can you explain how it impacted their PIES positively / negatively?

Marriage, civil partnership, long-term relationship

Divorce, separation for non-married couples

Parenthood

Bereavement.

Challenge: Can you suggest any places or professionals who might offer support with these life events?

Homework 16**Life events affecting growth and development: Life circumstances**

Read the case study and answer the following questions:

Claire 49

Claire recently relocated from London, to Skipton after getting a job promotion in the banking company she works for. Claire was happy about the relocation as she had previously divorced from her children's father 2 years earlier and it brought her back to the area where she grew up and nearer to her parents. Claire has 2 children, Daisy, 14 and Robert 10. Daisy is already in high school and Robert will be moving up in September. Claire's company were very supportive and provided her with a few extra weeks off and a relocation package, which helped with the financial pressure.

Daisy 14

Daisy recently relocated from London to Skipton after her mum got a promotion and the family moved house. Daisy was very sad about the move as it meant she had to move away from a school she was happy at, leave her friends and her father 240 miles away. Daisy has had to start a new school which she is finding very hard as she finds her accent makes her stand out. She misses' city life and all the more opportunities to socialise she had in London. Daisy has struggled with the move and often visits her school counsellor to talk about how she's feeling.

1. Describe what relocating means, in your own words.
2. How did Claire cope with the relocation?
3. What informal support did Claire receive?
4. What professional support did Claire receive?
5. How did Daisy cope with the relocation?
6. How will the relocation affect Daisy intellectually
7. How will the relocation affect Daisy socially?
8. Which close relationship of Daisy's may suffer and why?
9. Who could informally support Daisy?

Homework 17
Life events affecting growth and development: Adapting

Etymology means to look at the origins of a word in more detail. Using the internet, find out more about the word “adapt” by filling in the table.

<p><u>DEFINITION OF ADAPT</u></p>	<p><u>OTHER WORDS THAT CAN MEAN THE SAME</u></p>
<div style="background-color: #4a86e8; color: white; padding: 10px 20px; border-radius: 15px; font-size: 2em; font-weight: bold; display: inline-block;">ADAPT</div>	
<p><u>EXAMPLE IN A SENTENCE</u></p>	<p><u>HISTORY & ORIGINS</u></p> <p style="color: #00a0e3; text-align: center;">The word adapt is even older than Latin, which is considered to be one of the oldest languages in the world. It comes from the ancient word “ap” which meant to take grasp of what was going on</p>

Give advice and strategies that can help people adapt, cope and deal with the changes that happen after experiencing each life event.

LIFE EVENT	WAYS TO ADAPT
Divorce	
Marriage	
Birth of a child	
Death of a relative	
Moving schools	

Homework 18
Life events affecting growth and development: Support

When people go through challenging time in their life, support can help make the process so much easier. There are 2 types of support that can be given. Formal support which is provided by qualified trained professionals e.g. a doctor, a lawyer or a therapist and Informal support which is given by friends and family and can be more personal and emotionally supportive.

Below are the 3 groups of people who may be able to provide support and advice when you go through a life event. Which do you think could provide each of the different 10 kinds of help? Write the letter at the side.

1. Give you a hug
2. Prescribe you medication
3. Advise you of your rights
4. Invite you to a support group
5. Provide you with a mentor to talk to
6. Tell you of an advice line to call
7. Listen to you at 3am in the morning
8. Provide spiritual guidance
9. Cook you a meal
10. Look after your children

Informal (I) – Family, friends, neighbours and partners	Formal (F) – Professional carers and services	Community (C) groups, voluntary groups, faith-based services
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Where could someone access support would be given for the following scenarios? You may need to research this.

- a) Breaking up with your partner of 4 years

- b) Made redundant from your job

- c) Excluded from school

Homework 19

Life events affecting growth and development: Types of support

There are three types of support that may be offered by either formal, informal or community based services / support groups:

These are; emotional, information and advice and practical help.

Emotional support	<input type="checkbox"/> Love <input type="checkbox"/> Care <input type="checkbox"/> A hug <input type="checkbox"/> Someone to talk to <input type="checkbox"/> Support <input type="checkbox"/> A shoulder to cry on <input type="checkbox"/> Someone to talk to
Information and advice	<input type="checkbox"/> Legal advice <input type="checkbox"/> Health advice <input type="checkbox"/> Therapy <input type="checkbox"/> Counselling <input type="checkbox"/> Info on your rights <input type="checkbox"/> Education
Practical help	<input type="checkbox"/> Child Care <input type="checkbox"/> Help with money worries <input type="checkbox"/> A lift <input type="checkbox"/> Help with personal care <input type="checkbox"/> Help round the home

From the previous home learning, what types of support would be given for the following scenarios. Can you justify what type of support is most important in helping the individual to adapt?

a) Breaking up with your partner of 4 years

b) Made redundant from your job

c) Excluded from school

Homework 20 Preparation for the PSA

Using your books, and this resource, use the checklist to identify where you need to fill in any gaps of knowledge in preparation for the Component 1 PSA (30% of your overall grade). You should RAG this checklist.

RED No notes are present in book / home learning

AMBER Some notes are in book / home learning but these could be more detailed

GREEN Detailed notes are in book and home learning.

Learning Aim A: Understand human growth and development across life stages and the factors that affect it

A1 Human growth and development across the life stages

Infancy 0-2 years	physical: rapid physical growth of weight and height, development of gross and fine motor skills, following the same pattern of growth and development but at different rates
	– intellectual: rapid development of language and thinking skills such as memory/recall
	– emotional: attachments are formed, emotional wellbeing is based on bonding/attachment, security and contentment
	– social: strong dependence on adults/carers, socialisation through family, engage in solitary play
Early Childhood (3-8 years)	– physical: continued growth of weight and height, mastery of gross and fine motor skills
	– intellectual: increased curiosity, language fluency develops, strong grasp of memory/recall

	<p>- emotional: increased independence, wider range of relationships are formed, emotional wellbeing is based on attachment, security and contentment</p>
	<p>- social: social circle widens and close friendships are formed, socialization continues through family and also friends/carers, social play develops</p>
Adolescence (9-18 years)	<p>- physical: onset of puberty, differences between males and females, primary and secondary sexual characteristics</p>
	<p>- intellectual: complex and abstract thinking develops</p>
	<p>- emotional: independence increases further, more freedom to make own decisions, concerns over self-image and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment</p>
	<p>- social: wide range of formal/informal relationships develop and have influence, intimate relationships are formed</p>
Early Adulthood (19-45 years)	<p>- physical: peak physical fitness, full height reached, sexual maturity reached, women at their most fertile</p>
	<p>- intellectual: mastery of abstract and creative thinking, careers become important, may return to education</p>
	<p>- emotional: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment</p>
	<p>- social: intimate and long-lasting relationships are formed</p>

Middle Adulthood (46-65 years)	- physical: at the end of this life stage the ageing process begins, menopause occurs for women
	- intellectual: can use knowledge and experience for complex decision making, may retire
	- emotional: may experience changes in self-image and self-esteem linked to retirement or ageing process, emotional wellbeing is based on attachment, security and contentment
	- social: may have more time to socialise
Later Adulthood (65+ years)	- physical: ageing process continues, decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity
	- intellectual: may experience decline in cognitive ability such as loss of memory/recall
	- emotional: may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment
	- social: may experience bereavement and reduction of social circle.

A2 Factors affecting growth and development

Physical factors, to include:	Inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease
	Experience of illness and disease
	Mental ill health – anxiety, stress
	Physical ill health – cardiovascular disease, obesity, type 2 diabetes

	Disabilities
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