

## Half-term three January– February

### Year 10 Health and social

Lesson	Instructions	Resources	Curriculum
1	Read and make notes on the life events	Life events PowerPoint slides <i>See below</i>	Component 1 learning aim B
2	Read and make notes on dealing/adapting to change	Dealing with life events PowerPoint slides <i>See below</i>	Component 1 learning aim B
3	Read and make notes on types of support	Types of support PowerPoint slides <i>See below</i>	Component 1 learning aim B
4	Complete a piece of written work which explains life events, how people adapt to change and the types of support.	Paper or a computer (if typing)	Component 1 learning aim B
5	Select a life event to focus on (pregnancy/parenthood/new job/starting a new school/divorce/bereavement) create a series of questions to find out how the event affected them (PIES) and the types of support (formal and informal) they received	Information guide PowerPoint slides <i>See below</i>	Component 1 learning aim B
6	Use your prepared questions to interview a person- write as much detail as possible	Paper and a pen (voice recorder if you have asked consent)	Component 1 learning aim B
7	Use your prepared questions to interview another person- write as much detail as possible	Paper and a pen (voice recorder if you have asked consent)	Component 1 learning aim B

**Please email any queries and completed work to Mrs Shorting/Mrs Carr-Thoms**

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## Life events

### Life Events

Component 1; learning aim B



### Negative effects

- Even if you were excited to start a new school it will have brought some level of anxiety with it.
- Facing new routines
- Meeting new people
- New expectations

Some young people are not keen on change and could worry so much that it could lower their self-esteem which might prevent them from making new friendships.

### Life events

*Life events have an important impact on growth and development.*

Most of you started this school in Year 9. Starting a new school is a new life event. This is called an EXPECTED life event.

- ✓ You would have visited the school before you started (transition days) this helps you to cope with change.
- ✓ You may have felt confident about this life event
- ✓ You would have had new opportunities to meet new friends
- ✓ It may have boosted your self image

- ❖ What do you notice about all of these effects-
- ✓ They are all positive

### Expected and Unexpected

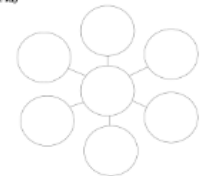
- You will have already experienced a few life events. Some of them are expected and some are unexpected.

Bubb Map

Create 2 bubble maps

1 for expected life events

1 for unexpected life events



### Expected life events

These can usually be predicted:

- Most children start school age 4
- Settle down with a partner/get married
- Buy a house
- Start a family
- Retire



### Unexpected life events

These are generally more difficult to cope with as they are not expected to happen:

- Accidents and serious illnesses
- Bereavement
- Going to prison
- Losing your job



### Life events progress check

Expected events: starting school, settling down (partner), getting a job/employment, moving home, parenthood

Unexpected events: illness, dropping out of school, divorce, death/bereavement, redundancy/losing job, prison

Explain the expected and unexpected life events that you have gone through

How did they affect you? Are they positive or negative or both? Why?

## Dealing/adapting to change

### Dealing with life events

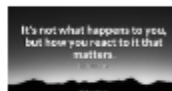
Component 1: learning aim 0



### Reacting to life events

We all act differently to life events:

Some of us act positively to change but others will isolate themselves as they find it difficult to adapt.



Factors that may affect how people cope with life events

- ❖ Their resilience
- ❖ Age
- ❖ Other life events happening at the same time
- ❖ The support they have
- ❖ Their disposition
- ❖ Their self esteem



Why people find some events difficult

- Accident – may feel like they've lost skills and abilities.
- Redundancy – Loss of routine, miss colleagues and friends. May feel a loss of earnings
- Moving house – May feel a loss of neighbours. Anxious because of change
- Starting a family – May feel a loss of independence. May miss old lifestyle



### Adapting to change

Expected or unexpected life events often force people to make changes to their lives. Individuals must find their own way to adapt to the changes that life throws at them.



What helps us to adapt to change?

- Resilience
- Understanding change
- Accepting change
- Giving time (time is a great healer)

### Progress check...



Think of an event in your life when you/someone you know has needed support...

1. How did you/they react the life event?
2. How easy for you/them was it to cope? Why might this be the case?
3. How well did you/the person adapt to the change? Why might this be the case?

## Types of support

### Types of support

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### How support can help



#### Emotional support:

- Helps people come to terms with change
- Helps individuals deal with grief
- Improves confidence
- Helps reduce anxiety and stress



#### Information and advice:

- Suggesting where to go for help
- Helping people understand the choices available to them
- Advising how to make healthy/healthier choices

Can you think of any examples for the above?

Hmm...

Think back to last time you were supported/supported somebody...

In what ways were you supported?/how did you support them?  
How did it help you?/ how did you help the person?



### Practical help



Even if people feel able to adapt to their new situation, they might still need practical help. Here are a few examples...

**Financial-** helping someone with financial assistance (loaning them money), helping someone access benefits from the government

**Childcare-** supporting a parent/parents and providing respite care for children who need 24 hour care because of a condition/illness

**Transport-** helping someone who has a mobility problem to get around

### Effective support



At times people need support.

If a life event is expected, for example, starting a new school- support can be given before the event. This helps the individual prepare for change which can make it easier.

If the life event is unexpected support is given in response to an event.

Effective support is not about making decisions for people, it's about giving them the confidence they need to adapt.

### Types of support

There are three main types of support:

1. Emotional support
2. Practical help
3. Information and advice

Support can be formal (provided by trained professionals). Informal (unpaid support from friends or family) or voluntary (local or national groups or charities) Can you give some examples?



Over to you!

*In what ways could you support the following people?*

(try to include emotional support, practical help and information and advice)



A person who has just been made redundant (lost their job)

A person who has lost a loved one

A person who has just separated from their partner

A person who suffers depression

You will need to introduce and explain the types of support available in your assignment

## Information guide

### Assignment 2- Dealing with life events

#### **Introduction:**

1. List the expected and unexpected life events
2. Explain the difference between an expected and unexpected life event
3. Explain the different support available to people (pages 52-58)
4. Select one life event to focus on. Come up with questions you could ask a person who has gone through this life event, you must find out:
  - the **impact** of this on each of the individuals(PIES) development
  - **how each individual adapted** to the life event
  - **the role that support** played in helping them to adapt and the value of the support to the individuals

(see the next slide for example questions)

You now need to interview two people using your prepared questions. Make sure you record all of their responses in as much detail as possible.

### Example questions you may ask for each section

**Chosen life event:** pregnancy and parenthood

#### **The impact of this on each of the individuals:**

Was your pregnancy planned?  
How did you feel when you first found out you were pregnant?  
What symptoms did you have during pregnancy?  
Was your pregnancy straight forward?  
What was the best thing about being pregnant?  
What did you find difficult during pregnancy  
How did life change once the baby arrived?

#### **How each individual adapted to the life event:**

How long did it take for you to come round to the idea you were pregnant/going to become a mother?  
What changed when you found out you were pregnant?  
Did you do anything differently after finding out you were pregnant?  
How well did you adapt to being a new mum once baby had arrived?

#### **The role that support played in helping them to adapt and the value of the support to the individuals:**

Who supported you during your pregnancy? How valuable was this?  
What types of support did you receive whilst you were pregnant? How much did you value the support?  
How do you think you would have felt if you did not have the support you did?  
What help and support did you receive wonce the baby had been born? How valuable was this?



## Section 1: writing up your findings

1. Introducing the individuals and the life event you have selected. (you will need to change their names for confidentiality reasons- mention this in your work)

2. You should then explain the impact of the life event on each individual, giving examples of the different ways in which each person was affected by the same event (remember to link this to each person's PIES development- you should have a paragraph for each area of development)

You need to look at the impact of the event at two different times  
(for example, for pregnancy you need to look at during pregnancy and when the baby was born)