

Half-term One November – December Year 10 Health and social



Lesson	Instructions	Resources	Curriculum
1	Read and make notes on physical and lifestyle factors and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
2	Read and make notes on social and cultural factors and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
3	Read and make notes on relationships and isolation and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
4	Read and make notes on economic factors and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
5	Read and make notes on life events and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
6	Read and make notes on dealing with life events and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
7	Read and make notes on types of support and link to your chosen celebrity	PowerPoint slides <i>See below</i>	Component 1 learning aim A
8	Write up the factors that may have influenced your celebrities development- explain how much the factor may affect them and whether it is a positive or negative.	Lined paper/computer	Component 1 learning aim A

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

Claire.shorting@monkseaton.org.uk nina.carr-thoms@monkseaton.org.uk

equality

opportunity

inclusion

achievement

Physical and lifestyle factors



Introduction

There are many different factors that can affect our development. These are categorised into:

- Physical
- Social and cultural
- Economic

You need to discuss two from each category in your assignment



Physical Factors

Component 1,
Learning Aim A

M...A...D...5 Minutes

On your table discuss what you know about genetic inheritance.

Genetic Inheritance

This is the passing of genes from parents to their child. It determines a child's physical features such as:

- Eye colour
- Height
- Hair colour



Genetic Inheritance

- It can impact on our development because our physical characteristics affect our self-image and self esteem.

It has been argued that our genes determine our:

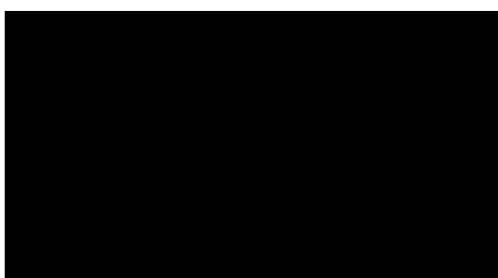
- Mood/attitude/personality
- Intelligence
- Skills (such as sport, art, music)



Genetic Disorders

- These are health conditions passed from parents to children through their genes. Cystic fibrosis, Down's Syndrome and Edwards Syndrome have an effect on development.





Genetic Disorders – How they may impact PIES development

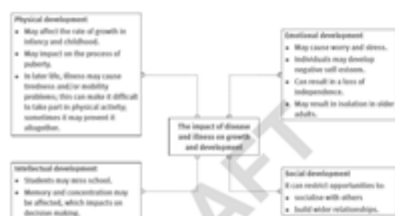
- Physical development – A person's build can affect their strength and stamina, health problems
- Intellectual development – Some inherited diseases may result in school being missed and cause learning difficulties
- Emotional development – Physical appearance can affect self image and confidence
- Social development – Physical characteristics may affect opportunities of building friends or confidence.

Disease & illness

Long term conditions have an effect on an individual's growth and development even if it hasn't been passed on from their parent for example, a child who has asthma.



Disease & illness



Lifestyle factors



Lifestyle

We have so many lifestyle choices:

- Diet
- Exercise
- Alcohol
- Smoking
- Illegal drugs



Diet

A healthy diet leads to:	An unhealthy diet leads to:
✓ Healthy hair, skin, nails & teeth	✗ Being overweight or underweight
✓ Positive self image	✗ A lack of energy
✓ Energy & stamina	✗ Ill health
✓ Good health	✗ Negative self image

Exercise



- Regular exercise is very important for supporting physical development
- It helps children to develop their muscles, balance, and coordination.
- As people get older it helps to retain their dexterity (fine motor skills)
- Exercise gives a feel good factor which helps to boost self-image

Alcohol

There is lots of advice about how much alcohol people should consume. Having too much alcohol in your lifestyle can:

- Affect your judgements
- Lead to ill health
- Affect your relationships



Smoking



Can lead to:

- ◆ Respiratory problems for the smoker
- ◆ Respiratory problems for others around the smoker
- ◆ Lung and heart disease

There are also lots of other negative effects of smoking
Can you think of some?

Illegal Drugs

Have many negative affects:

- Affect memory and decision making
- Affect relationships
- Can cause infertility



Appearance



Our appearance includes:

- ☐ Body shape
- ☐ Facial features
- ☐ Hair and nails
- ☐ Personal hygiene (how clean and well groomed you are)
- ☐ Our clothing

Appearance



- Appearance affects the way others see us and how we see ourselves.
- Sometimes people spend a lot of money to change their appearance
- Puberty leads to a change in body shape, but not everyone develops at the same time & speed and this can lead to anxiety about their appearance and can affect their self image and self esteem.
- Appearance can change again during middle adulthood some people put weight on (often called the middle age spread)



Linking it to your assignment

How might the following affect your celebrity's development?

Physical factors:

- Genetic inheritance
- Genetic disorders
- Disease and illness

Lifestyle factors:

- Diet
- Exercise
- Alcohol
- Smoking
- Illegal drugs
- Personal appearance

Select a few and discuss them in relation to your celebrity
(consider both + and - and what areas of PIES development this may affect)



Social factors

and cultural

Social and cultural factors

Component 1; learning aim A



Community involvement



Communities are important for people to meet and interact with each other. Community can mean different things to different people:

- It may refer to the local area where a person lives (the people they live around)
- It could be their school (being part of a community)
- It could be a religious or cultural group to which a person belongs to (being a Christian/Muslim/Hindu/Buddhist etc.)

What is common in communities is that they have shared values and common goals.

The influence of culture and religion

Our culture and religion can affect our morals and values and our lifestyle choices.

What morals and values do you have?

Can you give an example of how a person's religion may affect their diet and how they live (lifestyle)?



Gender roles

Traditionally men were expected to go to work and women stayed at home to look after the children/family.

Gender roles and expectations have changed; men and women are now seen as more equal and share responsibilities and work.

Job roles are no longer segregated to a specific gender; for example, men can be nurses and women can be mechanics



Positive and negative effects of culture and religion



Positives

- A feeling of security
- Sharing views and opinions (sense of belonging)
- Accepted and valued by others (positive self-image)
- Positive self-esteem

Negatives

- Feeling discriminated against (treated negatively)
- Negative self-image due to possible criticism
- Feeling isolated or excluded because needs are not met (e.g. diet preference)

Gender differences...



The expectations are different for men and women:

- Women are often thought of as more caring and able to express their emotions
- Men are often thought of as more 'macho' (tougher) and not expected to show their emotions

Children learn gender roles from around 3 years old. These may be reinforced if girls are given dolls and boys are given trucks. Children may also see images of men/women in traditional 'male' or 'female' roles.



Discrimination based on gender

Despite UK equality laws, some people still face discrimination because of their gender. Discrimination can lead to a feeling of isolation and low self-esteem.



Educational experiences

The government has introduced free early education for 3 year olds. These experiences are thought to give children a good start in life by supporting all areas of development- this contributes to better outcomes in later life.

Research shows that higher levels of education result in:

- Better employment prospects (good jobs)
- Improved pay
- Less likelihood of being unemployed/on the dole
- Improved health and life expectancy



Linking it to your assignment

How might the following affect your celebrity's development?

- Where they lived
- The school they went to/educational experiences
- Belonging to a culture/practicing a religion
- Gender roles/identity

Select a few and discuss them in relation to your celebrity
(consider both + and -)



Relationships and isolation



Relationships and isolation

Component 1; learning aim A



•When children hit adolescence they are greatly influenced by their friends opinion of them. This can effect self image – positively and negatively. Can you give examples of this?



•Intimate relationships start during adolescence and continue into adult hood. They are important to provide contentment, a sense of security and a positive self image.

Personal relationships

You form these with:

- Parents
- Carers
- Family
- Friends



How many different relationships can you think of?
Are you still friends with people you went to nursery or primary school with?

Family relationships



- ❖Start with attachments in infancy
- ❖Relationships with family change over time.
- ❖In adolescence young people often argue with parents because they are trying to become independent and make their own decisions.
- ❖Later in life older people may need to rely on their children for support.
- ❖Family relationships can break down if parents are not meeting the needs of their children or there is sibling rivalry.

Breakdowns in relationships

This can be between friends or partners when there is a breakdown of trust. The outcome can be:

- ☐ A lowering in self-esteem
- ☐ Loss of confidence
- ☐ Stress



Social isolation

• This can happen when you do not have the opportunity to have regular contact with others. It is more common in older people but can happen to anyone. Some of the reasons social isolation happens is because:

- They live alone
- They are unemployed/retired
- Discriminated against
- Have an illness or disability

People who experience social isolation have no one to share their thoughts with and may become anxious and feel insecure.



Role models



- Are those people who you look up to as an example. You may wish to be like them now or in the future. Role models are often parents or another important adult or sibling
- The influence of a role model can be positive or negative.



Economic factors

Economic factors

Component 1; learning aim A



When individuals have a low wage or are unemployed they may live in relative poverty.

Without enough money (income) individuals struggle to provide those basic needs for themselves/their family. This may have an impact on development...

How might not having enough money affect a person's development? (think of PIES)



Income and wealth

Economic factors refers to a persons income (how much they earn), wealth (how much money they have) and material possessions (things they own).

- Income is mainly dependant on the type of work people do
- Receiving a wage helps to pay for things to keep people and their family healthy/helps people to support their families
- Having enough money can bring feelings of contentment and security



Retirement



Many older people rely on the state pension to buy things they need. Some people have additional private pensions (from their employer). Without sufficient (enough) money, older people may have to cut down on:

- Fuel use
- Shopping (particularly luxuries/healthy foods)
- Travel or luxuries that cost money

The above may speed up the ageing process and could lead to a decline in health

The impact of income and wealth



Living in good housing with open spaces means that individuals may:

- Feel good about themselves
- Be more likely to stay healthy
- More easily access open spaces to take exercise
- Feel safe and secure



Living in poor housing with cramped and damp conditions means that individuals may:

- Have low self-image and self-esteem
- To be more likely to experience ill health
- Be less likely to take exercise
- Be more stressed and anxious

Over to you!



In groups discuss how each individual's economic situation may affect their growth and development (PIES):

- A child aged 3 living in poverty
- An adult aged 40, who was earning a high salary and has recently been made redundant
- An adult aged 75 with their own home and a high income

Challenge: can you think of positives and negatives?

Be prepared to feedback to the rest of the class...

Material possessions

- Most people have a smartphone and luxury items
 - These are not part of our basic needs
 - Material possessions may affect development positively or negatively
- Can you give some examples?*



Some sociologists argue that material possessions can actually harm our development. Advertising has increased so much that what was once thought of as a luxury item is now thought of as an essential.

Some people argue that material possessions gives people positive self-image... do you agree?



Linking it to your assignment

How might the following affect your celebrity's development?

- Income and wealth
- Housing
- Material possessions

Select a few and discuss them in relation to your celebrity (consider both + and -)



equality

opportunity

inclusion

achievement

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.

Bubble 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



Dealing with life events and adapting to change



Dealing with life events

Component 1; learning aim B



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



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.



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)

Types of support



Types of support

Component 1; learning aim B



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?*

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.

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?

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

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