









Health and Social Care Knowledge Organiser: Component 1 Human Lifespan Development

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

A1 Human growth and development across life stages		A2 Factors affecting growth and development		
<p><u>Life stages</u></p> <p>Infancy (0 – 2 years)</p> <p>Early childhood (3 – 8 years)</p> <p>Adolescence (9 – 18 years)</p> <p>Early adulthood (19 – 45 years)</p> <p>Middle adulthood (46 – 65 years)</p> <p>Later adulthood (65+ years)</p> 	<p><u>Areas of Development</u></p> <ol style="list-style-type: none"> Physical development – Physical growth in height or weight Intellectual development – Developing thinking, memory and language skills Emotional development – Developing feelings about self and other, self-esteem Social development – Forming relationships, socialisation and isolation 	<p><u>Physical factors</u></p> <ul style="list-style-type: none"> - Inherited conditions - Illness & disease - Mental ill health - Physical ill health - Disabilities - Sensory impairments 	<p><u>Lifestyle factors</u></p> <ul style="list-style-type: none"> - Nutrition - Physical activity - Smoking - Alcohol - Substance use 	<p><u>Emotional factors</u></p> <ul style="list-style-type: none"> - Fear - Anxiety/ worry - Upset/ sadness - Grief/ bereavement - Happiness/ contentment - Security - Attachment
		<p><u>Social factors</u></p> <ul style="list-style-type: none"> - Supportive and unsupportive relationships - Social inclusion and exclusion - Bullying - Discrimination 	<p><u>Cultural factors</u></p> <ul style="list-style-type: none"> - Religion - Gender roles - Gender identity - Sexual orientation - Community - Race 	<p><u>Environmental factors</u></p> <ul style="list-style-type: none"> - Housing - Home environment - Pollution 
		<p><u>Economic factors</u></p> <ul style="list-style-type: none"> - Employment situation - Financial resources 		

Learning Aim B: Understand how individuals deal with life events

B1 Different types of life event			B2 Coping with change caused by life events		
<p><u>Health and wellbeing events</u></p> <ul style="list-style-type: none"> - Accident/ injury - Physical illness - Mental and emotional health and wellbeing 	<p><u>Relationship changes</u></p> <ul style="list-style-type: none"> - New relationships - Marriage and civil partnerships - Divorce and separation - Parenthood - Bereavement 	<p><u>Life circumstances</u></p> <ul style="list-style-type: none"> - Moving house, school or job - Exclusion - Redundancy - Imprisonment - Changes to living standards - Retirement 	<p><u>Character traits that influence how to cope with life events</u></p> <ul style="list-style-type: none"> - Resilience - Self esteem - Emotional intelligence - Disposition 	<p><u>Sources of support</u></p> <ul style="list-style-type: none"> - Family - Friends - Partners - Community groups - Multi-disciplinary and agencies 	<p><u>Types of support</u></p> <ul style="list-style-type: none"> - Emotional - Information and advice - Practical help 