










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

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

