

WHAT'S THE FACTOR? WHAT'S THE EFFECT?

OVERVIEW

In this activity students will practice identifying factors that affect growth and development and match these to appropriate explanations for how they affect health and wellbeing. This will help students to develop their skills for:

- Effective responses in the Component 1 internal assessment (Task 2)
- Answering the explain questions in the Component 3 exam where marks are awarded in pairs.
 - It is good practice to teach students to use words that signal they are providing an explanation, to secure the second mark.
 - For example, by starting their explanatory sentence with 'So....' or 'Because...' or 'As a result...' or 'This means that' or 'Which will...'

This resource can be used as a teaching activity as each factor is taught or as a consolidation/revision activity.

INSTRUCTIONS

- 1 There are a set of resources for each factor affecting growth and development:
 - Physical
 - Lifestyle
 - Emotional
 - Social
 - Cultural
 - Environmental
 - Economic
- 2 Print (single-sided) and cut out each of the case study cards (**red**) and linked sentences (**pink** and **green**). Put each factor set into a separate plastic folder/envelope. If you have time, laminate the cards so they can be used regularly.
- 3 Allocate students into 7 groups and give each group a factor set.
- 4 Students need to construct TWO answers to the question on the case study card (**red**). They will need a **pink card** sentence to identify the factor and a **green card** sentence for explaining the effect on health and wellbeing.
- 5 When every group has finished, get them to circulate around to look at each group's work and see if they agree.
- 6 If appropriate, take photos of the finished work to refer to when doing independent revision.
- 7 **Challenge:** To make the task more challenging, mix two factors together so it is more difficult for the students to find the correct answer sentences.

INSTRUCTIONS

Suggested answers are included at the end of this resource. It should be noted that there are many ways to answer these questions, however, in the Component 3 exam students need to ensure they clearly identify a factor and then provide a linked expansion that fully explains the effect on health and wellbeing

PHYSICAL FACTOR CASE STUDY CARDS



My name is Bailey, I am 14 and I have cystic fibrosis. This affects my lungs, making me susceptible to illnesses and sometimes causing breathing problems. My GP has prescribed me home oxygen therapy.

Explain two physical factors that could have a negative effect on Bailey's health and wellbeing.



My name is Peter and I have Down syndrome. Down syndrome affects me in a few different ways. I take longer to learn new things and fully understand the things I am told. I also have a heart defect, which means that I get out of breath quickly because my heart and lungs must work extra hard.

Explain two physical factors that could have a negative effect on Peter's health and wellbeing.



My name is Marie and I recently lost my job. I am a single parent with two children. I have rent to pay and I am very worried about being able to pay my bills this month. My current situation is starting to make me feel quite low.

Explain two physical factors that could have a negative effect on Marie's health and wellbeing.



My name is John and I am a wheelchair user. After a road traffic accident I can no longer walk and the left side of my upper body has become weakened.

Explain two physical factors that could have a negative effect on John's health and wellbeing.



My name is Ade and I am visually impaired. I have a guide dog called Holly who supports me when I go to university and out and about with my friends. I feel safer and more confident when Holly is with me.

Explain two physical factors that could have a negative effect on Ade's health and wellbeing.

PHYSICAL FACTOR SENTENCES

They have chronic ill-health.

They have a genetic/inherited condition.

They have a chromosomal condition that affects their heart.

They have mental ill health as they are stressed about their financial situation.

They have mental ill health as they are anxious about their financial situation.

They have a chromosomal condition that affects their ability to learn new things.

Their ability to walk has been compromised.

They have a physical impairment.

They have a sensory impairment.

They have very poor eyesight.

PHYSICAL FACTOR SENTENCES

Which will affect their ability to take part in strenuous exercise and stay fit.

So they will be prone to lung infections.

So they may become socially isolated because they do not want to face their problems.

So they may be reluctant to seek help because they are afraid of being stigmatised.

So they may find it difficult to follow a healthy diet and prepare healthy food.

So they may miss school because of the need to attend regular health appointments, affecting their intellectual development.

So they may have trouble accessing health and social care services if people do not understand their guide dog is working and there to support them.

Which means they may find it difficult to see health information if it is not in enlarged text or braille.

Because of this they may find it more challenging to be mobile and active.

So it may be more difficult for them to access buildings and services that are not adapted for them.

LIFESTYLE FACTOR CASE STUDY CARDS



My name is Greg and I love eating fast food. I have burgers once or twice a week; microwave meals when I eat at home; and take-aways as a treat on a Saturday night.

Explain two lifestyle factors that could have a negative effect on Greg's health and wellbeing.



My name is Nadiya and I enjoy preparing homecooked meals for my family. I carefully plan our meals so that we have lots of fruit and vegetables and wholegrains and not too many fats and sugars. I use the Eatwell Guide to do this.

Explain two lifestyle factors that could have a positive effect on Nadiya's health and wellbeing.



My name is Fei and I enjoy working out. I go to the gym to lift weights three times a week. I also walk 1 mile to the station every morning and evening from Monday to Friday. I always walk at a brisk pace, so that my heart rate increases.

Explain two lifestyle factors that could have a positive effect on Fei's health and wellbeing.



My name is Mandy and I enjoy smoking. I first started smoking when I was 14. I am now 26 and I smoke 10 to 15 cigarettes a day, even more on the weekends.

Explain two lifestyle factors that could have a negative effect on Mandy's health and wellbeing.



My name is Leo and I work in finance. As part of my work, I go to a lot of cocktail parties and functions at bars and restaurants. I also have a very busy social life. I drink alcohol every day; approximately half a bottle of wine with my evening meal each night and then cocktails and shots on the weekend when partying.

Explain two lifestyle factors that could have a negative effect on Leo's health and wellbeing.

LIFESTYLE FACTOR SENTENCES

They will have poor nutrition, as they will not have the correct balance of nutrients in their diet.

They will be consuming too many calories.

They will get vitamins and minerals from their high-quality diet.

They will have a balanced diet that is low in fats and sugars.

They follow the government recommendations to do strengthening activities twice per week.

They participate in regular aerobic activity.

They will be addicted to the nicotine in cigarettes, which will make it difficult to stop this habit.

They are making a poor lifestyle choice by smoking cigarettes.

May be addicted to alcohol, as they drink it excessively.

They consume more than the government recommended 14 units of alcohol per week.

LIFESTYLE FACTOR SENTENCES

So this may lead to weight gain and risk of obesity.

So this may lead to malnutrition and weakness.

Which will reduce their risks of health issues, such as anaemia.

Which will ensure they maintain a healthy body mass index (BMI).

So this reduces their risk of serious conditions such as coronary heart disease and obesity.

So they will have strong muscles, balance and coordination.

Which may mean that some people avoid being with them because they smell.

Making it more likely that the chemicals in the cigarettes will cause them lung disease or cancer.

So this may lead to chronic conditions such as pancreatitis and liver cirrhosis.

As long-term alcohol use is associated with heart disease and dementia, they are increasing their risk of these diseases.

EMOTIONAL FACTOR CASE STUDY CARDS



My name is Coleen and I have a child with autism that has difficult behaviour. Sometimes my son bites and scratches me. At other times he bangs his own head against the wall.

Explain two emotional factors that could have a negative effect on Coleen's health and wellbeing.



My name is Gina. I have been married to my wife Cristy for 3 months. We have a supportive relationship, built on respect.

Explain two emotional factors that could have a positive effect on Gina's health and wellbeing.



My name is Leanne. I have been teased at school for years. I have been called names such as 'fatty' and 'ugly duckling'.

Explain two emotional factors that could have a negative effect on Leanne's health and wellbeing.



Trina is caring for her husband Ken who was recently diagnosed with dementia and requires 24-hour care. He is becoming increasingly confused and disorientated.

Explain two emotional factors that could have a negative effect on Trina's health and wellbeing.



Bill recently lost his wife of 60 years after a long period of illness. They have three children together and they have all been very affected by her death.

Explain two emotional factors that could have a negative effect on Bill's health and wellbeing.

EMOTIONAL FACTOR SENTENCES

They might feel stressed.

They might be fearful.

They might feel anxious.

They might feel guilty.

They might feel depressed.

They might feel sad and low.

They will feel safe and secure.

They will feel loved and content.

They are experiencing a bereavement.

They are grieving for a loved one.

EMOTIONAL FACTOR SENTENCES

Because they have difficult responsibilities.

Because their loved one could hurt themselves or someone else.

Because someone they love is experiencing deteriorating health.

Because they may not be able to see family and friends as much due to caring for their partner.

Because they are being bullied.

Because they are being treated unfairly.

Because they have a person they have a strong attachment to.

Because there is someone that is always there for them.

So they may become depressed because they are lonely.

So they may engage in less social activity because they do not have a partner to do things with.

SOCIAL FACTOR CASE STUDY CARDS



My name is Sean and I get together with my friends twice a week. We like to play computer games or watch movies. We all went to the same university together and we are the same age and have similar interests.

Explain two social factors that could have a positive effect on Sean's health and wellbeing.



My name is Kitty and I am 7 years old. I go to my local primary school. I like getting invited to birthday parties and taking part in local events like the town carnival.

Explain two social factors that could have a positive effect on Kitty's health and wellbeing.



My name is Josh and I work for a large company in the city. I am put under a lot of pressure at work. Lately my manager has been intimidating me and sending me aggressive emails. I am being treated unfairly at work and my colleagues are starting to avoid me.

Explain two social factors that could have a negative effect on Josh's health and wellbeing.



My name is Sejal. I have been married for 3 years. My husband is manipulative and he convinces me that I am wrong when I have an opinion. He is controlling, for example he takes control of any money I earn, and he tells me when I can or cannot see my friends.

Explain two social factors that could have a negative effect on Sejal's health and wellbeing.



My name is Robin and I live on a large inner-city housing estate in Birmingham. The council gave us a large outside space to build the Foggy Bottom Community Garden Project. Local people of all ages and backgrounds have worked on building the garden and now everyone can enjoy the peaceful space.

Explain two social factors that could have a positive effect on Robin's health and wellbeing.

SOCIAL FACTOR SENTENCES

They have developed supportive relationships.

They spend time socialising with other people their age.

They have lots of social opportunities.

They are part of a community.

They are stuck in an unsupportive relationship.

They are in an abusive relationship.

They have an unsupportive working relationship.

They are experiencing bullying.

They will build a social support network.

They feel socially included.

SOCIAL FACTOR SENTENCES

So they will feel a sense of belonging.

So they will feel valued.

So they will experience social integration.

So they will be able to interact with and make new friends.

So they may feel excluded.

So they may start to take sick days from work.

So they may be deliberately isolated from social support networks.

So they may feel unsafe and undervalued.

Which will mean they will have friends to turn to when they are feeling down.

Which will result in feelings of happiness and contentment.

CULTURAL FACTOR CASE STUDY CARDS



My name is Rayan and I am a practicing Muslim. I live in a busy city and I visit the local mosque regularly. I feel good when I get to meet up with other Muslim girls on special occasions.

Explain two cultural factors that could have a positive effect on Rayan's health and wellbeing.



My name is Oliver and I am Jewish. I have recently moved to a small town. There are very few practicing Jews in my town and not many people that I live and work with who understand my religion and way of life.

Explain two cultural factors that could have a negative effect on Oliver's health and wellbeing.



My name is Rabia. In my culture men and women must remain separate. Due to this, I prefer to receive medical treatment from women.

Explain two cultural factors that could have a negative effect on Rabia's health and wellbeing.



My name is Marie and I have just celebrated my civil partnership with my wife Yasmine. We have moved to a new seaside town from the city and have experienced some negative comments about our relationship.

Explain two cultural factors that could have a negative effect on Marie's health and wellbeing.



Jodie does not think of themselves as having a particular gender and uses the pronouns they/them. They are an active member of LGBTQIA+ groups in their town and they are involved in organising Pride events in their city.

Explain two cultural factors that could have a positive effect on Jodie's health and wellbeing.

CULTURAL FACTOR SENTENCES

They can practice their religion openly.

They can celebrate their traditions and culture with others that understand.

Other people lack understanding about their religion.

They have no-one to share their culture with.

Their beliefs mean they may be unwilling to seek help from certain people.

Their beliefs mean that they need to make special requests of those that want to help them.

They are not being accepted for their sexual orientation of lesbian/gay.

Their sexual orientation puts them in a minority group in their town.

Their gender identity means they are part of the LGBTQIA+ community.

They are non-binary and openly share their pronouns.

CULTURAL FACTOR SENTENCES

So they will feel safe and secure.

So they will feel a sense of belonging.

So they may feel socially excluded.

As a result of this discrimination their self-esteem may be harmed.

As a result they may become socially isolated.

So they may be discriminated against.

So they may not be able to access the care they need.

So they may be discriminated against or labelled as difficult.

Because of this they will feel accepted and will have increased self-esteem.

This will result in a strengthening of their self-concept.

ENVIRONMENTAL FACTOR CASE STUDY CARDS



My name is Sara and I have asthma. I recently moved from my family home in a small rural village to Birmingham to go to university. I now live in Halls of Residence on a busy main road close to the city centre. I have noticed I am using my inhaler more regularly and I find breathing more difficult when I play netball.

Explain two environmental factors that could have a negative effect on Sara's health and wellbeing.



I am Lina. My family live on the edge of town where 200 new homes are being built. There are a lot of large lorries going past our house every day to deliver materials to help build the houses. My mum is worried about my safety when crossing the road due to the increase in traffic.

Explain two environmental factors that could have a negative effect on Lina's health and wellbeing.



We are Denys and Artem, 14-year-old twins. We recently came to the UK with our parents as refugees fleeing war in our home country. We live in a two-bedroom flat in a tower block in London. Our mum is worried that the flat is too small for us. She has contacted our landlord about repairs that need to be carried out but he isn't responding to her calls.

Explain two environmental factors that could have a negative effect on Denys and Artem's health and wellbeing.



I am Rita. I have arthritis that is progressively getting worse. I live in a small village where there are only two buses that come through the village each day. I am concerned that my daily tasks are becoming more difficult and that I need to access health services more regularly.

Explain two environmental factors that could have a negative effect on Rita's health and wellbeing.



Malia lives with her parents and three younger siblings in a three-bedroom house. They are a close family and often have lots of visits from relatives. Malia is studying for her GCSE's but she is finding it hard to find a suitable place to study at home without distractions.

Explain two environmental factors that could have a negative effect on Malia's health and wellbeing.

ENVIRONMENTAL FACTOR SENTENCES

Road safety is a concern due to the increase in heavy goods vehicles.

They are exposed to air pollution from traffic on the busy main road.

They live in poor housing that is not being well maintained.

They live in cramped conditions not suitable for the size of their family.

There is an increase in air pollution from heavy good vehicles/lorries.

There is noise pollution due to the heavy traffic outside.

There are limited transport options to access health services.

They are living in a rural area.

The home environment is quite chaotic.

The home environment is very noisy.

ENVIRONMENTAL FACTOR SENTENCES

Which means they are more at risk of being injured by a vehicle.

Which means the family is a risk of accidents due to poorly maintained accommodation.

So the family may experience increased stress or conflict.

So they are at risk of respiratory diseases.

Which means there is an increased chance of social isolation.

Which means their arthritis may get worse as they are not receiving adequate health care.

So they may find it difficult to concentrate and therefore become stressed about their exams.

Which might make it difficult to get a good night's sleep affecting their mood.

Which can lead to stress and headaches.

So they may experience regular asthma attacks.

ECONOMIC FACTOR CASE STUDY CARDS



My name is Pedro and I live in Sao Paulo in Brazil. My family do not have a lot of money, so we live in poor housing without running water. It is a challenge for my parents to make the money we have last all week.

Explain two economic factors that could have a negative effect on Pedro's health and wellbeing.



My name is Jack I was recently made unemployed after the local factory where I worked was shut down. I live in quite a deprived area and there aren't many well paid jobs in the area. I have a young daughter who I love spending time with but I'm worried about providing for her.

Explain two economic factors that could have a negative effect on Jack's health and wellbeing.



I'm Brian and I have recently retired. I have worked all my life and saved hard for my retirement, so I have a good pension and a lovely home. My wife and I are planning a round the world trip soon to see as many countries as we can. I also hope to relax and take time more time for the hobbies I enjoy such as gardening and playing golf.

Explain two economic factors that could have a positive effect on Brian's health and wellbeing.



I'm Kieran and I recently married my partner Josh. We are both stockbrokers working in London. We work long hours to earn as much money as we can to afford the finest things in life. We like to holiday abroad regularly, we live in a modern flat in central London and we both drive top of the range sports cars.

Explain two economic factors that could have a positive effect on Kieran's health and wellbeing.



Emma recently received a large sum of money after her uncle passed away. He didn't have any children, so she was one of the main beneficiaries of his will. She plans to use the money to buy her own house.

Explain two economic factors that could have a positive effect on Emma's health and wellbeing.

ECONOMIC FACTOR SENTENCES

They cannot afford to live in a house with adequate facilities.

They are living on an extremely low income.

They have no income.

They will have to rely on government benefits.

They have a good income and can buy material possessions.

Their pension will provide them with enough money to live comfortably.

They own their own home.

They are financially secure.

They have inherited money.

They will be able to afford to become a homeowner.

ECONOMIC FACTOR SENTENCES

This means they are at risk of infection and disease from poor sanitation.

Which may result in them having a poor self-image.

Which will mean they will feel content and secure.

Which will make them will feel safe because they will always have somewhere to live.

So they will feel good about themselves as they are independent.

Which means they may struggle to afford to pay their usual rent and bills.

So they will not have money worries.

So they may have a high self-image because this shows they are successful.

Which means they could feel anxious and stressed.

As a result they will feel safe because they will always have somewhere to live.

PHYSICAL FACTORS

SUGGESTED ANSWERS

Bailey: My name is Bailey, I am 14 and I have cystic fibrosis. This affects my lungs, making me susceptible to illnesses and sometimes causes breathing problems. My GP has prescribed me home oxygen therapy.

Explain two *physical factors* that could have a *negative* effect on Bailey's health and wellbeing.

- 1 They have chronic ill-health. So they may miss school because of the need to attend regular health appointments, affecting their intellectual development.
- 2 They have a genetic/inherited condition. So they will be prone to lung infections.

Peter: My name is Peter and I have Down syndrome. Down syndrome affects me in a few different ways. I take longer to learn new things and fully understand the things I am told. I also have a heart defect, which means that I get out of breath quickly because my heart and lungs must work extra hard.

Explain two *physical factors* that could have a *negative* effect on Peter's health and wellbeing.

- 1 They have a chromosomal condition that affects their heart. Which will affect their ability to take part in strenuous exercise and stay fit.
- 2 They have a chromosomal condition that affects their ability to learn new things. So they may find it difficult to follow a healthy diet and prepare healthy food.

Marie: My name is Marie and I recently lost my job. I am a single parent with two children. I have rent to pay and I am very worried about being able to pay my bills this month. My current situation is starting to make me feel quite low.

Explain two *physical factors* that could have a *negative* effect on Marie's health and wellbeing.

- 1 They have mental ill health as they are stressed about their financial situation. So they may become socially isolated because they do not want to face their problems.
- 2 They have mental ill health as they are anxious about their financial situation. So they may be reluctant to seek help because they are afraid of being stigmatised.

John: My name is John and I am a wheelchair user. After a road traffic accident I can no longer walk and the left side of my upper body has become weakened.

Explain two *physical factors* that could have a *negative* effect on John's health and wellbeing.

- 1 Their ability to walk has been compromised. Because of this they may find it more challenging to be mobile and active.
- 2 They have a physical impairment. So it may be more difficult for them to access buildings and services that are not adapted for them.

Ade: My name is Ade and I am visually impaired. I have a guide dog called Holly who supports me when I go to university and out and about with my friends. I feel safer and more confident when Holly is with me.

Explain two *physical factors* that could have a *positive* effect on Ade's health and wellbeing.

- 1 They have a sensory impairment. So they may have trouble accessing health and social care services if people do not understand their guide dog is working and there to support them.
- 2 They have very poor eyesight. Which means they may find it difficult to see health information if it is not in enlarged text or braille.

LIFESTYLE FACTORS

SUGGESTED ANSWERS

Greg: My name is Greg and I love eating fast food. I have burgers once or twice a week; microwave meals when I eat at home; and take-aways as a treat on a Saturday night.

Explain two *lifestyle factors* that could have a *negative* effect on Greg's health and wellbeing.

- 1 They will have poor nutrition, as they will not have the correct balance of nutrients in their diet. So this may lead to malnutrition and weakness.
- 2 They will be consuming too many calories. So this may lead to weight gain and risk of obesity.

Nadiya: My name is Nadiya and I enjoy preparing homecooked meals for my family. I carefully plan our meals so that we have lots of fruit and vegetables and wholegrains and not too many fats and sugars. I use the Eatwell Guide to do this.

Explain two *lifestyle factors* that could have a *positive* effect on Nadiya's health and wellbeing.

- 1 They will get vitamins and minerals from their high-quality diet. Which will reduce their risks of health issues, such as anaemia.
- 2 They will have a balanced diet that is low in fats and sugars. Which will ensure they maintain a healthy body mass index (BMI).

Fei: My name is Fei and I enjoy working out. I go to the gym to lift weights three times a week. I also walk 1 mile to the station every morning and evening from Monday to Friday. I always walk at a brisk pace, so that my heart rate increases.

Explain two *lifestyle factors* that could have a *positive* effect on Fei's health and wellbeing.

- 1 They follow the government recommendations to do strengthening activities twice per week. So they will have strong muscles, balance and coordination.
- 2 They participate in regular aerobic activity. So this reduces their risk of serious conditions such as coronary heart disease and obesity.

Mandy: My name is Mandy and I enjoy smoking. I first started smoking when I was 14. I am now 26 and I smoke 10 to 15 cigarettes a day, even more on the weekends.

Explain two *lifestyle factors* that could have a *negative* effect on Mandy's health and wellbeing.

- 1 They will be addicted to the nicotine in cigarettes, which will make it difficult to stop this habit. Making it more likely that the chemicals in the cigarettes will cause them lung disease or cancer.
- 2 They are making a poor lifestyle choice by smoking cigarettes. Which may mean mean that some people avoid them because they smell.

Leo: My name is Leo and I work in finance. As part of my work, I go to a lot of cocktail parties and functions at bars and restaurants. I also have a very busy social life. I drink alcohol every day; approximately half a bottle of wine with my evening meal each night and then cocktails and shots on the weekend when partying.

Explain two *lifestyle factors* that could have a *negative* effect on Leo's health and wellbeing.

- 1 They may be addicted to alcohol, as they drink it excessively. So this may lead to chronic conditions such as pancreatitis and liver cirrhosis.
- 2 They consume more than the government recommended 14 units of alcohol per week. As long-term alcohol use is associated with heart disease and dementia, they are increasing their risk of these diseases.

EMOTIONAL FACTORS

SUGGESTED ANSWERS

Coleen: My name is Coleen and I have a child with autism that has difficult behaviour. Sometimes my son bites and scratches me. At other times he bangs his own head against the wall.

Explain two *emotional factors* that could have a *negative* effect on Coleen's health and wellbeing.

- 1 They might feel stressed. Because they have difficult responsibilities.
- 2 They might be fearful. Because their loved one could hurt themselves or someone else.

Gina: My name is Gina. I have been married to my wife Cristy for 3 months. We have a supportive relationship, built on respect.

Explain two *emotional factors* that could have a *positive* effect on Gina's health and wellbeing.

- 1 They will feel safe and secure. Because there is someone that is always there for them.
- 2 They will feel loved and content. Because they have a person they have a strong attachment to.

Leanne: My name is Leanne. I have been teased at school for years. I have been called names such as 'fatty' and 'ugly duckling'.

Explain two *emotional factors* that could have a *negative* effect on Leanne's health and wellbeing.

- 1 They might feel anxious. Because they are being bullied.
- 2 They might feel sad and low. Because they are being treated unfairly.

Trina: Trina is caring for her husband Ken who was recently diagnosed with dementia and requires 24-hour care. He is becoming increasingly confused and disorientated.

Explain two *emotional factors* that could have a *negative* effect on Trina's health and wellbeing.

- 1 They might feel depressed. Because someone they love is experiencing deteriorating health.
- 2 They might feel guilty. Because they may not be able to see family and friends as much due to caring for their partner.

Bill: Bill recently lost his wife of 60 years after a long period of illness. They have three children together and they have all been very affected by her death.

Explain two *emotional factors* that could have a *negative* effect on Bill's health and wellbeing.

- 1 They are experiencing a bereavement. So they may engage in less social activity because they do not have a partner to do things with.
- 2 They are grieving for a loved one. So they may become depressed because they are lonely.

SOCIAL FACTORS

SUGGESTED ANSWERS

Sean: My name is Sean and I get together with my friends twice a week. We like to play computer games or watch movies. We all went to the same university together and we are the same age and have similar interests.

Explain two *social factors* that could have a *positive* effect on Sean's health and wellbeing.

- 1 They have developed supportive relationships. So they will feel valued.
- 2 They spend time socialising with other people their age. So they will feel a sense of belonging.

Kitty: My name is Kitty and I am 7 years old. I go to my local primary school. I like getting invited to birthday parties and taking part in local events like the town carnival.

Explain two *social factors* that could have a *positive* effect on Kitty's health and wellbeing.

- 1 They are part of a community. So they will experience social integration.
- 2 They have lots of social opportunities. So they will be able to interact with and make new friends.

Josh: My name is Josh and I work for a large company in the city. I am put under a lot of pressure at work. Lately my manager has been intimidating me and sending me aggressive emails. I am being treated unfairly at work and colleagues are starting to avoid me.

Explain two *social factors* that could have a *negative* effect on Josh's health and wellbeing.

- 1 They have an unsupportive working relationship. So they may start to take sick days from work.
- 2 They are experiencing bullying. So they may feel excluded.

Sejal: My name is Sejal. I have been married for 3 years. My husband is manipulative and he convinces me that I am wrong when I have an opinion. He is controlling, for example he takes control of any money I earn, and he tells me when I can or cannot see my friends.

Explain two *social factors* that could have a *negative* effect on Sejal's health and wellbeing.

- 1 They are stuck in an unsupportive relationship. So they may be deliberately isolated from social support networks.
- 2 They are in an abusive relationship. So they may feel unsafe and undervalued.

Robin: My name is Robin and I live on a large inner-city housing estate in Birmingham. The council gave us a large outside space to build the Foggy Bottom Community Garden Project. Local people of all ages and backgrounds have worked on building the garden and now everyone can enjoy the peaceful space.

Explain two *social factors* that could have a *positive* effect on Robin's health and wellbeing.

- 1 They will build a social support network. Which will mean they will have friends to turn to when they are feeling down.
- 2 They feel socially included. Which will result in feelings of happiness and contentment.

CULTURAL FACTORS

SUGGESTED ANSWERS

Rayan: My name is Rayan and I am a practicing Muslim. I live in a busy city and I visit the local mosque regularly. I feel good when I get to meet up with other Muslim girls on special occasions.

Explain two *cultural factors* that could have a *positive* effect on Rayan's health and wellbeing.

- 1 They can practice their religion openly. So they will feel safe and secure.
- 2 They can celebrate their traditions and culture with others that understand. So they will feel a sense of belonging.

Oliver: My name is Oliver and I am Jewish. I have recently moved to a small town. There are very few practicing Jews in my town and not many people that I live and work with who understand my religion and way of life.

Explain two *cultural factors* that could have a *negative* effect on Oliver's health and wellbeing.

- 1 Other people lack understanding about their religion. So they may be discriminated against.
- 2 They have no-one to share their culture with. So they may feel socially excluded.

Rabia: My name is Rabia. In my culture men and women must remain separate. Due to this, I prefer to receive medical treatment from women.

Explain two *cultural factors* that could have a *negative* effect on Rabia's health and wellbeing.

- 1 Their beliefs mean they may be unwilling to seek help from certain people. So they may not be able to access the care they need.
- 2 Their beliefs mean that they need to make special requests of those that want to help them. So they may be discriminated against or labelled as difficult.

Marie: My name is Marie and I have just celebrated my civil partnership with my wife Yasmine. We have moved to a new seaside town from the city and have experienced some negative comments about our relationship.

Explain two *cultural factors* that could have a *negative* effect on Marie's health and wellbeing.

- 1 They are not being accepted for their sexual orientation of lesbian/gay. As a result of this discrimination their self-esteem may be harmed.
- 2 Their sexual orientation puts them in a minority group in their town. As a result they may become socially isolated.

Jodie: Jodie does not think of themselves as having a particular gender and uses the pronouns they/them. They are an active member of LGBTQIA+ groups in their town and they are involved in organising Pride events in their city.

Explain two *cultural factors* that could have a *positive* effect on Jodie's health and wellbeing.

- 1 Their gender identity means they are part of the LGBTQIA+ community. Because of this they will feel accepted and will have increased self-esteem.
- 2 They are non-binary and openly share their pronouns. This will result in a strengthening of their self-concept.

ENVIRONMENTAL FACTORS

SUGGESTED ANSWERS

Sara: My name is Sara and I have asthma. I recently moved from my family home in a small rural village to Birmingham to go to university. I now live in Halls of Residence on a busy main road close to the city centre. I have noticed I am using my inhaler more regularly and I find breathing more difficult when I play netball.

Explain two *environmental factors* that could have a *negative* effect on Sara's health and wellbeing.

- 1 They are exposed to air pollution from traffic on the busy main road. So they may experience regular asthma attacks.
- 2 There is noise pollution due to the heavy traffic outside. Which can lead to stress and headaches.

Lina: I am Lina. My family live on the edge of town where 200 new homes are being built. There are a lot of large lorries going past our house every day to deliver materials to help build the houses. My mum is worried about me and my brother crossing the road due to the increase in traffic.

Explain two *environmental factors* that could have a *negative* effect on Lina's health and wellbeing.

- 1 Road safety is a concern due to the increase in heavy goods vehicles. Which means they are more at risk of being injured by a vehicle.
- 2 There is an increase in air pollution from heavy good vehicles/lorries. So they are at risk of respiratory diseases.

Denys and Artem: We are Denys and Artem, 14-year-old twins. We recently came to the UK with our parents as refugees fleeing war in our home country. We live in a two-bedroom flat in a tower block in London. Our mum is worried that the flat is too small for us. She has contacted our landlord about urgent repairs that need to be carried out but he isn't responding to her calls.

Explain two *environmental factors* that could have a *negative* effect on Denys and Artem's health and wellbeing.

- 1 They live in poor housing that is not being well maintained. Which means the family is at risk of accidents due to poorly maintained accommodation.
- 2 They live in cramped conditions not suitable for the size of their family. So the family may experience increased stress or conflict.

Rita: I am Rita. I have arthritis that is progressively getting worse. I live in a small village where there are only two buses that come through the village each day. I am concerned that my daily tasks are becoming more difficult and that I need to access health services more regularly.

Explain two *environmental factors* that could have a *negative* effect on Rita's health and wellbeing.

- 1 There are limited transport options to access health services. Which means their arthritis may get worse as they are not receiving adequate health care.
- 2 They are living in a rural area. Which means there is an increased chance of social isolation.

Malia: Malia lives with her parents and three younger siblings in a three-bedroom house. They are a close family and often have lots of visits from relatives. Malia is studying for her GCSEs but finding it hard to find a suitable place to study at home without distractions.

Explain two *environmental factors* that could have a *negative* effect on Malia's health and wellbeing.

- 1 The home environment is quite chaotic. So they may find it difficult to concentrate and therefore become stressed about their exams.
- 2 The home environment is very noisy. Which might make it difficult to get a good night's sleep affecting their mood.

ECONOMIC FACTORS

SUGGESTED ANSWERS

Pedro: My name is Pedro and I live in Sao Paulo in Brazil. My family do not have a lot of money, so we live in poor housing without running water. It is a challenge for my parents to make the money we have last all week.

Explain two *economic factors* that could have a *negative* effect on Pedro's health and wellbeing.

- 1 They cannot afford to live in a house with adequate facilities. This means they are at risk of infection and disease from poor sanitation.
- 2 They are living on an extremely low income. As a result they might have to reduce the number of meals they eat, causing hunger.

Jack: My name is Jack I was recently made unemployed after the local factory where I worked was shut down. I live in quite a deprived area and there aren't many well paid jobs in the area. I have a young daughter who I love spending time with but I'm worried about providing for her.

Explain two *economic factors* that could have a *negative* effect on Jack's health and wellbeing.

- 1 They have no income. Which means they could feel anxious and stressed.
- 2 They will have to rely on government benefits. Which means they may struggle to afford to pay their usual rent and bills.

Brian: I'm Brian and I have recently retired. I have worked all my life and saved hard for my retirement, so I have a good pension and a lovely home. My wife and I are planning an around the world trip soon to see as many countries as we can. I also hope to relax and take time more time for the hobbies I enjoy such as gardening and playing golf.

Explain two *economic factors* that could have a *positive* effect on Brian's health and wellbeing.

- 1 Their pension will provide them with enough money to live comfortably. So they will feel good about themselves as they are independent.
- 2 They own their own home. Which will mean they will feel content and secure.

Kieran: I'm Kieran and I recently married my partner Josh. We are both stockbrokers working in London. We work long hours to earn as much money as we can which we invest so we can afford the finest things in life. We like to holiday abroad regularly, we live in a modern flat in central London and we both drive top of the range sports cars.

Explain two *economic factors* that could have a *positive* effect on Kieran's health and wellbeing.

- 1 They have a good income and can buy material possessions. So they may have a high self-image because this shows they are successful.
- 2 They are financially secure. So they will not have money worries.

Emma: Emma recently received a large sum of money after her uncle passed away. He didn't have any children, so she was one of the main beneficiaries of his will. She plans to use the money to buy her own house.

Explain two *economic factors* that could have a *positive* effect on Emma's health and wellbeing.

- 1 They have inherited money. As a result, they will feel more secure about the future.
- 2 They will be able to afford to become a homeowner. Which will make them will feel safe because they will always have somewhere to live.