

RO33 – Young Adulthood (19-45)



Describe the milestones of growth and development that the individual has experienced during young adulthood (19–45 years), using PIES.

MB1: 1–2 marks	MB2: 3–4 marks	MB3: 5–6 marks
Brief description of growth and development of the individual through the life stage, using PIES.	Sound description of growth and development of the individual through the life stage, using PIES.	Comprehensive description of growth and development of the individual through the life stage, using PIES.

	Definition
Keyword	
Milestone	A significant stage or event in someone's development.
Describe	Give an account including all the relevant characteristics, qualities or events
Brief	Work includes a small number of relevant facts or concepts but lacks detail, contextualisation or examples
Sound	Valid, logical, shows the student has secured most of the relevant understanding, but points or performance are not fully developed. Applies understanding and skills to produce the wanted or intended result in a way that would be useable
Comprehensive	The work produced is complete and includes everything required to show depth and breadth of understanding. Applies the understanding and skills needed to successfully produce the wanted or intended result in a way that would be fully fit-for-purpose

Key Milestones	
University	Bereavement
Marriage	Menopause
Buying first home	Learn a new skills
Moving house	Divorced
Having children	Second marriage
New job	Miscarriage
Promotion	Carer
Train in a new job	New friends

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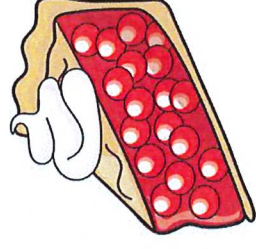


PHYSICAL	
Physical	Developments to your body
Gross motor skill	Use large muscles in the body which cause large movements.
Fine motor skill	Use smaller muscles and create small movements.
Mobility	The ability to move freely at the joints.
Body changes	Weight, reactions, senses and strength.
Sexual characteristics	Fertility Sexually mature
Menopause	When a woman stops menstruating.
Aging characteristics	Skin, hair and posture

INTELLECTUAL	
Intellectual	Developments in your brain
Language development	Wide range, confident
Sentence construction	Well established
Logical thinking	Analysing a situation and coming up with a sensible solution.
Problem solving	Achieving a goal by overcoming obstacles.
Decision making	Making a choice based on the information provided.
Deterioration of mental abilities	Degeneration of the brain can begin.

EMOTIONAL	
Emotional	Developments to your feelings
Bonding	Close connection which someone.
Attachment	Affection or fondness for someone or something.
Independence	Not reliant on others
Self confidence	A feeling of trust in your abilities
Self image	The ideas of your appearance and personality.
Self esteem	Confidence in your own worth.
Love and Affection	An intense feeling of deep fondness or liking.

SOCIAL	
Social	Developments to your relationships
Relationships	A connection with someone else
Social skills	Interactions with another person
Responsibilities	Being accountable.
Examples	
Give examples for each point made. Give an age and link it to PIES.	



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For the same life stage, explain how the growth and development of the individual has been affected by: two environmental factors two social factors two economic factors.

MB1: 1-3 marks	MB2: 4-6 marks	MB3: 7-9 marks
Limited explanation of how the growth and development of the individual has been affected by two of each of the specified factors.	Adequate explanation of how the growth and development of the individual has been affected by two of each of the specified factors.	Comprehensive explanation of how the growth and development of the individual has been affected by two of each of the specified factors.

Keyword	Definition
Growth and development	Positive or negative factors that affect an individual's journey through life.
Describe	Give an account including all the relevant characteristics, qualities or events
Limited	Work produced is restricted in range or scope and includes only some of the information required. It evidences partial rather than full understanding. Work produced is a starting point rather than a developed process, concept or output.
Adequate	Work includes the appropriate number of relevant facts or concepts but does not include the full detail, contextualisation or examples.
Comprehensive	The work produced is complete and includes everything required to show depth and breadth of understanding. Applies the understanding and skills needed to successfully produce the wanted or intended result in a way that would be fully fit-for-purpose

Growth and Development Factors	
Physical	
Social	
Emotional	
Economic	
Cultural	
Environmental	

ENVIRONMENTAL – your surroundings.	
Housing needs and conditions	Housing and the space available can impact growth and development. If you have your own space to work it is easier to concentrate. If the house is damp it can lead to breathing problems. If there is only one bathroom for lots of people it may result in poor hygiene.
Pollution	Poisonous chemicals in the air and water can easily enter the body. This can have a negative affect on growth and development. Pollution from cars can cause health issues. Pollution can cause headaches, sleep problems and stress.
Neighbourhood	A neighbourhood which has outdoor spaces, parks and gym apparatus will encourage people to exercise and meet socially. It is healthier to meet outdoors to reduce the spread of diseases. If you live in a built up area or with more traffic you are more likely to have ill health. If there are high crime rates you might be afraid to go out this will limit your opportunities to socialise with others.
Home environment	A home that is loving, caring, supportive and considerate will help to ensure growth and development is positive. Arguing, ignoring each other, violence, selfishness, greed and hatred will have a negative affect on physical, mental and or social health.
Access to services	In an ideal world everyone would be able to access medical care, dentists and health screening to ensure they were physically and mentally healthy. However due to restrictions with transport, times of appointments, peoples availability to attend appointments not everyone can access the services available.

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ECONOMIC – Your financial situation.	
Family Income	The amount of money a household has after paying bills. The more money available the increased chance they will buy healthy foods which will increase growth and development. If there is less money they will buy cheaper food which are normally high in fat and can lead to obesity.
Employment	Benefits of employment are you have money to support yourself and others, physically fit, intellectually stimulated, sense of satisfaction. Drawbacks of employment are that it can lead to physical and mental stress, little time to socialise, if there is no opportunities for development it can lead to frustration and boredom.
Debt	Debts lead to worry and anxiety about how to pay money back and support family at the same time. This can lead to physical problems such as heart disease and mental problems such as depression. Having debts can lead to arguments and reduce social interactions.
Bills	Learning how to manage bills is an important life skill. If you can pay all your bills you will feel a sense of achievement and can spend money on participating in activities or saving for a holiday.
Wealth	Wealth means people will have money to spend on private health care and can afford to pay to participate in sport and physical activity. They can also afford to pay for activities such as visiting the zoo, music lessons or tutoring.
Education	Education helps people to know where to go when you need help. This means people can be treated quickly and problems resolved.
Health Providers	Many services are free and available for everyone. However if you pay for private health care you can be seen and treated quickly which can speed up diagnosis, treatment and recovery.

SOCIAL – The relationships with others. Young adults will have relationships with work colleagues, family, friends.	
Positive and negative relationships	Positive relationships can enhance emotional development, boost confidence, self esteem and overall mental health. Relationships are based on trust and respect, both parties value each other and are there to support each other when needed. Negative relationships can be abusive and lead to poor emotional and physical health. This may lead to neglecting their own needs and those that they care for.
Social inclusion and exclusion	Young adults are more positive when they feel included as they feel valued and are more likely to have positive mental health. Feeling included makes living easier because we worry less and are less conscious about making mistakes. They can be excluded by peers in social media platforms or social gatherings.
Opportunities	Access to services and opportunities that individuals might or might not have. Young adults will chose what activities they want to take part in e.g. a running club. Universities, colleges and work places all provide well being activities e.g. the cycle to work scheme
Discrimination	Not including someone based on their disability, race, religion, age, gender identity or sexual orientation. Lack of choice and opportunities to participate in activities can impact physical, mental and social health. Social development will decline as there will not be communication with others.
Bullying	Bullying can take place at any age. It can happen face to face or electronically. It results in anxiety, reduced appetite, eating disorders. This could result in problems with growth and development due to lack of vitamins and minerals.

Define the keyword

Describe how this affects the growth and development of your person

Explain adaptations to help growth and development