

PERSONAL LIFE SKILLS

10274/10275/10276/10277/10278

Level 1

Unit 5: Understanding how to maintain personal health and wellbeing

MARKING GUIDANCE

Assessment must take place before submitting candidate work to the OCR Examiner-moderator. This should be made evident by the centre assessor using annotations (ie ticks and comments).

Assessment criteria	OCR Task	Guidance
1.1 Identify symptoms of physical, mental and emotional ill-health	1	Physical ill-health – BMI high, loss of energy Emotional ill-health – feels undervalued, feels lack of self-worth Mental ill-health – unable to face or deal with challenges/problems, feels has no opportunity to learn.
1.2 Identify symptoms of sexually transmitted infections (STIs).	1	Candidates must be able to identify two symptoms from: Chlamydia – bleeding between periods, lower abdominal pain, discharge, pain passing urine (men and women), often no symptoms Genital warts – discomfort and itching, increase in vaginal fluid excretion, increase in moisture and dampness in the infected area, Red, pink or gray-coloured cauliflower-shaped lesions in genital and anal area that looks raised or flat, tiny papules on shaft of the penis, a burning sensation in the genital and anal region HIV – Flu like symptoms, rash, swollen glands in early stages, gradual failure of immune system.

1.3 Outline ways to prevent STIs	1	<p>Candidates must be able to outline two different ways to prevent STIs. These can include:</p> <ul style="list-style-type: none"> • using barriers such as condoms • abstain from sexual activity with other people • avoiding skin to skin contact • being in a monogamous relationship (where both partners are clear of infection).
<p>2.1 Identify factors that may affect mental and emotional health and wellbeing in</p> <p>a) positive ways</p> <p>b) negative ways</p>	2	<p>Candidates should identify the 'category' of factor, eg financial, personal, psychological, environmental and give an example.</p> <p>Positive:</p> <p>sense of worth/pride due to promotion at work/achieving (psychological) qualification/passing driving test (personal) sense of joy/euphoria due to birth of baby (personal) moving into own accommodation (environmental).</p> <p>Negative:</p> <p>pressure related to school or work (personal) sense of loss/anxiety due to bereavement (personal/psychological) loss of house as unable to pay rent/mortgage (financial).</p>
2.2 Outline how external factors may affect feelings, emotions and behaviour in a positive and negative way	2	<p>Frank</p> <p>Positive effects – is happier, feels secure, behaves more confidently.</p> <p>Nasreen</p> <p>Negative effects – is anxious, feels intimidated, doesn't want to leave the house.</p> <p>Shereena</p> <p>Positive effects – is overjoyed, contented, wants to show everyone her new baby.</p> <p>Negative effects – is experiencing 'the baby blues', emotions are up and down (happy/crying), change in sleep pattern and routine.</p>

2.3 Outline positive ways of managing external effects on health and wellbeing	2	Candidates must outline three different ways of feeling better about themselves eg take up exercise to help reduce stress, take up an interest/hobby/activity to relieve boredom, ask for professional advice to help with job seeking.
3.1 Outline reasons for personal choices that could affect health and wellbeing	3	Candidates should outline three reasons why people choose to do things that they know could affect health and wellbeing. The reasons may be positive or negative eg curiosity about taking drugs, cool to smoke, need alcohol to help relax after work.
3.2 Outline how personal choices can affect health and wellbeing in a) the short-term b) the long-term	3	Candidates must outline the short and long-term effects of each of the lifestyle choices in the table. Sunbathing without protection: Short term – sun burn, sun stroke, dehydration; long-term – premature aging of skin, risk of skin cancer. Going to gym, short term - feel energised after exercise; long-term – increased levels of fitness, may suffer joint damage. Binge drinking: short-term – loss of control, sickness, loss of memory; long-term liver damage, weight gain. Short and long-term effects should relate to the candidate’s own identified lifestyle choice.
4.1 Identify situations where advice on health and wellbeing may be needed	4	Candidates must identify one situation for each of five age groups given and say what the health advice may concern eg 16-18 – unplanned pregnancy/contraception 19-25 – regular substance abuse 26-40 – family planning; work related stress; divorce 41-65 – need a healthier life style, menopause 66+ – bereavement. Candidates may put situations in different age groups, but as long as these seem appropriate/realistic they may be accepted.
4.2 Identify sources of information on health and wellbeing	4	Candidates must be able to name two different sources of information. These may include for example, the Health Clinic/GP, Brook, and FPA. It is not sufficient to say the Internet, the website address must be given.

<p>4.3 Describe how to use sources of advice about health and wellbeing</p>	<p>4</p>	<p>Candidates must identify two sources of advice for alcohol misuse and describe how each source can help. GP – prescribe medication to help stop drinking. Support groups – help with coming to terms with problem and providing support.</p>
<p>4.4 Outline how to get help in an accident or emergency</p>	<p>4</p>	<p>Candidates must be able to match the three responses correctly. Afatab – Dial 999/112. Alan – Go to casualty. Zainab – Contact the GP.</p> <p>Candidates must be able to explain the stages for reporting an emergency using 999. Candidates can be given a pre-drawn template for them to complete the stages.</p> <p>Tell them which service is needed (Police, Fire, Ambulance, Coastguard).</p> <p>You may be passed on to a specific service control room.</p> <p>Answer questions about the incident/what has happened eg patient details, extent of fire, type of emergency (eg gas, flood, chemical spillage, road traffic incident, bomb threat) Give details of location/own contact details (remember LIONEL) L - Location of Incident I - Incident Detail O - Other relevant information N - Number hurt/injured E - Extra detail descriptions of any offenders, nature or source of a fire, if the person has any ailments L - Location of Incident.</p> <p>Stay on phone until told to hang up.</p>