

# PERSONAL LIFE SKILLS

10277 Level 2 Award

10278 Level 2 Certificate

Unit 6: Maintaining and improving personal health and wellbeing

## CANDIDATE EVIDENCE CHECKLIST

This form should only be used for candidates not using the Candidate Evidence Booklet or if supplementary tasks are to be inserted in to the Evidence Booklet.

**CANDIDATE'S NAME** .....

<p>The work you submit for assessment must be your own. You must not copy from someone else or allow someone else to copy from you.</p> <p>I confirm that this is all my own work.</p> <p>Candidate's signature ..... Date .....</p>
--

Assessment criteria	Document/Page number	Attached (insert ✓)
1.1 Describe characteristics and causes of mental and emotional ill health 1.2 Describe ways of supporting individuals with mental and emotional ill health 1.3 Describe (a) symptoms (b) causes (c) treatments of STIs, including HIV 1.4 Describe safe behaviour in relation to sexual activity, including STIs, HIV and unwanted pregnancy		
2.1 Describe how achievements and setbacks can affect confidence and self esteem 2.2 Describe ways in which different media sources portray young people 2.3 Explain how media portrayal of young people affects confidence and self esteem in (a) a positive way (b) a negative way		
3.1 Assess personal health and wellbeing in relation to (a) physical health (b) mental health (c) emotional health 3.2 Describe how to improve aspects of personal health and wellbeing 3.3 Explain the importance to health and wellbeing of a good 'work-life balance' 3.4 Describe ways to raise confidence and self esteem		
4.1 Describe potential consequences of (a) substance abuse (b) early sexual activity 4.2 Describe how health-related choices can lead to dependency and addiction		
5.1 Explain how to use advice and support on health and wellbeing from different sources 5.2 Compare the advice and information given by different sources on health-related issues		