

Factors — Introduction

Factors are things which might **affect** development **positively** and **negatively**.

Task 1 Fill in the gaps below.

Physical: *l*..... *d*..... *i*..... and *c*..... that can affect development — e.g.

Social: Experience a person has with other *p*..... and the *r*..... they have with them — e.g.

Environmental: The *l*..... *c*..... *e*..... *h*..... and *p*..... a person lives in can affect a person's growth and development — e.g.

Cultural: Experiences a person has with *g*..... of people, *c*..... groups or *s*..... settings — e.g.

Economic: Economic factors affect the amount of *m*..... or *i*..... a person has — e.g.

Lifestyle: *C*..... made by an individual which can affect growth and development — e.g.

Task 2 Look at the questions below. With a partner, discuss each one.

How do you think you'd feel if you had a long term illness?

How does it feel to be part of a community?

How would you feel if you were in a loving relationship?

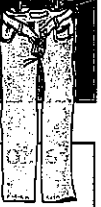
How would you feel if you earned lots of money?

How might taking drugs affect you?

How would you feel growing up in the countryside rather than a city?

How might you feel if someone close to you died?

Physical Factors



Physical factors have a **huge impact** on a person's growth and development. These can affect how a person is able to use their **body** physically but can also link to other types of development. Some of these physical factors could be **genetic**.

Genetic means:

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These are the **physical factors** that could affect someone's growth and development.

Inherited conditions — e.g. sickle cell disease, cystic fibrosis, muscular dystrophy and Huntington's disease.

Physical ill health — e.g. obesity, cardiovascular disease and type 2 diabetes.

Disabilities — e.g. amputation and epilepsy.

Sensory impairments — e.g. being hard of hearing.

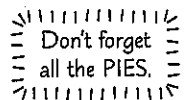
Illness or disease — e.g. asthma and eczema.

Mental ill health — e.g. anxiety and stress.

Task 1 How could each of the following factors affect physical development?

Physical Factor	Example
Inherited conditions
Physical ill health
Mental ill health
Illness or disease
Disabilities
Sensory impairments

Task 2 How could physical factors affect **other types** of development?



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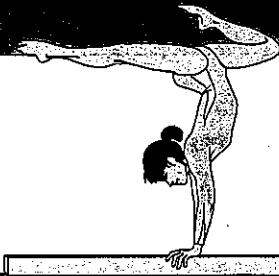
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Lifestyle Factors



As people grow older they have more **independence** and more **choice** about how they **live their life**. Some of the choices they make are lifestyle factors that can positively or negatively affect growth and development.

Task 1 Fill in the table below about nutrition.

Benefits of a healthy diet	Problems with an unhealthy diet
<ul style="list-style-type: none"> • <i>Less chance of illness and disease</i> • • • • • 	<ul style="list-style-type: none"> • <i>Being overweight or underweight</i> • • • • •

Task 2 Fill in the table below about physical activity.

Benefits of regular exercise	Problems with a sedentary lifestyle
<ul style="list-style-type: none"> • <i>Stronger muscles</i> • • • • • 	<ul style="list-style-type: none"> • <i>Being overweight or underweight</i> • • • • •

Task 3 Fill in the table to show the **negative effects** of the lifestyle choices below.

	Smoking	Alcohol	Substance misuse
Negative effects	<ul style="list-style-type: none"> • <i>Increased chance of lung cancer</i> 	<ul style="list-style-type: none"> • <i>Increased chance of liver disease</i> 	<ul style="list-style-type: none"> • <i>Not in control of decisions and body movements.</i>