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| <b>A2 –Factors affecting growth and development</b>                 | <b>Lifestages</b><br>1. Infancy (0 – 2 years) 2. Early childhood (3 – 8 years) 3. Adolescence (9 – 18 years) 4.. Early adulthood (19 – 45 years) 5. Middle adulthood (46 – 65 years) 6. Later adulthood (65+ years) |
| <b>Physical, Intellectual, Emotional, Social Development (PIES)</b> |   |

**Milestones** - A significant event or stage in life, progress, development. **Life Expectancy**- How long people are expected to live **Life Course** - The path of the human cycle.

**Lifestyle Choices** (Choices made can affect the way the individual grows and develops).  
**Diet and Nutrition** (delayed growth, lack of energy, ill health, low mood, reduced ability to concentrate, negative self-image)  
**Physical Activity** (improves fitness, develop muscles, balance and co-ordination, fine motor and gross motor skills, releases chemicals like endorphins and serotonin of which work to reduce mood and reduce stress)  
**Substance Misuse** (memory and decision making, low self-esteem, mood swings, relationships, infertility).  
**Alcohol** (decision making, ill health, aggression and relationships)

**Smoking (lack of fitness, social exclusion, increase in stress and anxiety, delayed growth in an unborn child).**

### Risks from Smoking

Smoking can damage every part of the body

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| <p><b>Cancers</b></p> <ul style="list-style-type: none"> <li>• Head or Neck</li> <li>• Lung</li> <li>• Leukemia</li> <li>• Stomach</li> <li>• Kidney</li> <li>• Pancreas</li> <li>• Colon</li> <li>• Bladder</li> <li>• Cervix</li> </ul> | <p><b>Chronic Diseases</b></p> <ul style="list-style-type: none"> <li>• Stroke</li> <li>• Blindness</li> <li>• Gum infection</li> <li>• Aortic rupture</li> <li>• Heart disease</li> <li>• Pneumonia</li> <li>• Hardening of the arteries</li> <li>• Chronic lung disease &amp; asthma</li> <li>• Reduced fertility</li> <li>• Hip fracture</li> </ul> |
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**Emotional and Social Factors**

**Physiological factors** (fear, illness, work stress, incidents, bereavement)  
 Educational experiences  
**Culture, religion, race** (community involvement, sense of belongingness, values, self-image, discrimination, community participation, negative lifestyle choices)  
**Gender roles** (traditionally men were expected to work, women stay at home, influences on inclusion and society, discrimination, gender identity, sexual orientation)  
**Personal relationship** with friends and family (breakdown, trust, stress, isolation, discrimination, bullying, cyber bullying, peer pressure, role models)  
**Pollution:** Air, water, land, noise. (Children miss school, adults take time off work, intellectual and emotional development, stress, anxiety, mental)

**Brain** (Depression, fear of gaining weight, anxiety, dizziness, shame, low self-esteem)  
**Cheeks** (Swelling, soreness)  
**Mouth** (Cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods)  
**Throat & Esophagus** (Sore, irritated, can tear and rupture, blood in vomit)  
**Blood** (Anemia)  
**Heart** (Irregular heart beat, heart muscle weakened, heart failure, low pulse and blood pressure)  
**Skin** (Abrasion of knuckles, dry skin)  
**Stomach** (Ulcers, pain, can rupture, delayed emptying)  
**Muscles** (Fatigue)  
**Intestines** (Constipation, irregular bowel movements (BM), bloating, diarrhea, abdominal cramping)  
**Hormones** (Irregular or absent periods)  
**Body Fluids** (Dehydration, low potassium, magnesium and sodium)

**Effects of a poor diet**

**Economic Factors**

**Employment** (Status and identity, self-esteem, income, independence, wealth, stress, exclusion)  
**Unemployment** (Low income, Meet basic needs, growth, and development, redundancy)  
**Imprisonment** (lower self-esteem, loss of earnings, loss of independence, loss of social contact, learning, new skills, making a different lifestyle choice)  
**Retirement** (Cut down on spending, personal items, shopping, travel, or social activities)  
**Financial Resources** (Positive self-esteem, healthier, content, and secure, risk of illness, stress and anxiety)  
**Social Class**  
 Social class effects the development of children in numerous ways. Low social class effects the health, well-being and education of the parents, all fundamental factors in the development of young people. Young people are often taught to fit in with their social class, thus developing a personality that correlates with their social status. In school, teachers may give special opportunities to certain groups and often have higher expectations of children from higher social classes. There is no evidence to suggest that children from lower social classes have lower IQ's, though it is well known that they may have fewer education opportunities, for example, fewer books, poorer access to technology and the internet. Social class of parents has been linked to their educational attainment, which will affect the aspirations and expectations parents will have for their own children, resulting in reduced social mobility and transit between classes, especially for the offspring of lower social class parents.  
**Housing** (Children living in poor, cramped accommodation can experience disturbed sleep, hyperactivity, poor diet, bedwetting and soiling, aggression and higher rates of accidents and infectious disease.)

P2 Explain how different factors have affected growth and development of a selected individual. M1 Compare the different factors that have affected growth and development across three life stages for a selected individual D1 Assess the changing impact of different factors in the growth and development across three life stages of a selected individual. (To include 2 from physical and Social and 1 from cultural).