

Answer ALL questions in the spaces provided.

1.

Lara is 17 years of age and has started an Applied GCE in Health and Social Care at her local Further Education College. She hopes to become a nurse specialising in midwifery. Her closest friends are Emma, Gillian and Simone. They spend much of their time together and are often found in the college library studying and researching for their assignment work. The girls plan to live together when they go to university. Lara's parents want her to succeed. Her father owns his own business and hopes to retire after Lara has graduated.

(a) Identify **two** physical changes which girls will experience during adolescence.

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- (2)**

(b) Describe how an individual's self-concept may change during adolescence.

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- (4)**



2.

Sandra works for a health promotion agency. Her work involves going into schools and work places. She promotes a more positive attitude to health by encouraging individuals to adopt a healthier lifestyle.
One of Sandra's current projects is the Fresh Fruit in Schools campaign. The campaign aims to provide fresh fruit for all primary school children between 4–7 years of age. Sandra uses different models of health promotion. She has designed a range of activities to make the campaign more appealing to her audiences.

(a) One of the approaches Sandra uses is the behavioural change model.

Describe what is meant by the 'behavioural change' model.

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(2)

(b) Not all health promotion campaigns will be successful in achieving their aims and objectives.

Explain why this might be the case.

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(4)



3.

Jasmine is six years of age. She lives with her parents and younger brother, Dylan, who is two years of age. She enjoys having a younger brother. Jasmine likes to help her mother look after Dylan and enjoys playing with him.
At school, Jasmine has many friends and is developing well. She likes to keep active and attends swimming lessons on Tuesday evenings, plays football on Wednesdays after school and goes to an arts and crafts class on Saturday mornings.

(a) Identify **two** factors that may be influencing Jasmine’s **social** development.

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(2)

(b) Explain how Jasmine’s growth and development are inter-linked.

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