



General Certificate of Secondary Education  
2025

Centre Number

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Candidate Number

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## Health and Social Care

Unit 1  
Personal Development,  
Health and Well-Being

<b>MV18</b>
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[GHL11]

**WEDNESDAY 14 MAY, AFTERNOON**

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### **Time**

1 hour 30 minutes, plus your additional time allowance.

### **Instructions to Candidates**

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

**You must answer the questions in the spaces provided.**

**Do not write on blank pages.**

Complete in black ink only. **Do not write with a gel pen.**

Answer **all** questions.

### **Information for Candidates**

The total mark for this paper is 100.

Figures in brackets printed at the end of each question indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in

Questions **2(a)(ii)**, **3(b)** and **3(c)(iii)**.

1 Jack is 12 years old and lives with his mother and grandmother.

(a) (i) Jack is in the life stage of adolescence, which is from 11 years to \_\_\_\_\_. [1 mark]

(ii) Explain **three** ways you would expect Jack to develop physically during his current life stage. [2 marks for each]

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(iii)** Explain how the following factors may have a positive effect on Jack's self-concept.  
[2 marks for each]

Education

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Appearance

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**(iv)** List **two** other factors which may affect an individual's self-concept. [1 mark for each]

1. \_\_\_\_\_

2. \_\_\_\_\_

**(b)** Kate has osteoporosis and needs care and support. She recently moved from her own home to live with her daughter Lucy, who will help care for her.

**(i)** Use the headings below to describe how osteoporosis may affect an individual's health and well-being. [3 marks for each]

Effect on physical health and well-being

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Effect on emotional health and well-being

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- (ii) To help her cope, Kate receives different types of support from the local hospital, which is part of the statutory sector.

Using the headings below, explain the support Kate may be given. [2 marks for each]

Emotional support

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Advice and information

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Medical care

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(c) Lucy gave up her job to care for Kate.

Describe how taking on a caring role may affect Lucy's development. [3 marks for each]

Effect on Lucy's emotional development

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Effect on Lucy's social development

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**(b) (i)** Describe how gender identity may affect Megan's self-concept. [3 marks]

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**(ii)** Megan enjoys cooking and tries to ensure that the family eats a healthy diet.

Explain **three** ways eating a healthy diet may affect an individual's physical health and well-being.

[2 marks for each]

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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**(c)** Diet is an example of a behavioural factor which affects health and well-being.

List **two** other behavioural factors which may affect an individual's health and well-being. [1 mark for each]

1. \_\_\_\_\_

2. \_\_\_\_\_

**(d) (i)** Tom works as a builder.

Describe how employment may affect Tom's emotional health and well-being. [3 marks]

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**(ii)** Tom and his family have decided to emigrate to Australia where there are better job opportunities.

Assess how emigrating to Australia may affect Tom's intellectual development. [3 marks]

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**(iii)** Emigration is a major life change and Tom and Megan's families are supporting them by providing emotional support.

Describe the emotional support Tom and Megan's families may offer to help them cope with this life change. [3 marks]

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**(e) (i)** Tom and Megan are in the life stage of early adulthood, which is from 19 years to \_\_\_\_\_ . [1 mark]

**(ii)** Use the headings below to describe the expected patterns of development during this life stage. [3 marks for each]

Physical development

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Intellectual development

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**3** Ivan and Anna have lived together for 10 years. They have two children, Diana aged six and Marko aged 10. Anna misuses alcohol and can become violent and aggressive towards Ivan.

**(a)** Describe how alcohol misuse may affect an individual's social health and well-being. [3 marks]

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(c) (i) Complete the table below to identify the types of relationships Anna has. [2 marks]

<b>Anna's relationship with</b>	<b>Type of relationship</b>
Diana	
Ivan	

(ii) Marko has Duchenne muscular dystrophy.

Describe how this may affect his physical health and well-being. [3 marks]

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**This is the end of the question paper**

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For Examiner's use only	
Question Number	Marks
1	
2	
3	

<b>Total Marks</b>	
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Examiner Number

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