



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



[GHL11]

GHL11

WEDNESDAY 14 MAY, AFTERNOON

TIME

1 hour 30 minutes.

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 outside the boxed area on each page or 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 down the right-hand side of pages 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]

(ii) Explain **three** ways you would expect Jack to develop physically during his current life stage.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]



(iii) Explain how the following factors may have a positive effect on Jack's self-concept.

Education

[2]

Appearance

[2]

(iv) List **two** other factors which may affect an individual's self-concept.

1. _____ [1]
2. _____ [1]



(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.

Effect on physical health and well-being

[3]

Effect on emotional health and well-being

[3]



- (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.

Emotional support

[2]

Advice and information

[2]

Medical care

[2]

[Turn over



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

Describe how taking on a caring role may affect Lucy's development.

Effect on Lucy's emotional development

[3]

Effect on Lucy's social development

[3]



(b) (i) Describe how gender identity may affect Megan's self-concept.

[3]

(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.

1.

[2]

2.

[2]

3.

[2]

[Turn over



(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. _____ [1]

2. _____ [1]

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

Describe how employment may affect Tom's emotional health and well-being.

[3]

(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]



(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]



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

(ii) Use the headings below to describe the expected patterns of development during this life stage.

Physical development

[3]

Intellectual development

[3]





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]





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[12]

[Turn over

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

Anna's relationship with	Type of relationship
Diana	
Ivan	

[2]

(ii) Marko has Duchenne muscular dystrophy.

Describe how this may affect his physical health and well-being.

[3]





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Question Number	Marks
1	
2	
3	

Total Marks	
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Examiner Number

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