

# Life Events and PIES

## Starter Task

- Can you write your own definition of a life event?

Life events are expected or unexpected events that occur in an individual's life.

Three different areas:

- Physical events
- Relationship changes
- Life circumstances

# Task - Life Events and PIES

- ▶ Pick one expected life event and describe what effects it had on you physically, intellectually, emotionally and socially.
- ▶ Pick one unexpected life event and describe what effects it had on you physically, intellectually, emotionally and socially.

# Topic Area 2: Impacts of Life Events

- Learning outcome: To understand life events

## Success Criteria

- I can define the term life events
- I can explain unexpected and expected life events
- I can understand different types of life events



# Life Events

- **Physical Events** - make changes to your body, physical health or mobility. *Accident/injury, ill health, genetic disorders, puberty, menopause.*
- **Relationship changes** - starting/ending a relationship, divorce/separation, parenthood, bereavement.
- **Life circumstances** - impacts on day to day life and the choices you make. School starting/changing/exclusion/redundancy/imprisonment/retirement/bankruptcy.

# Physical events

- Accident and injury
- Accidents are unexpected, we don't know when they going to happen and we don't plan them.
- Children do not always recognise danger
- Some injuries may be treated simply and quickly, other accidents may need a trip to hospital

# Ill health

- Most of us suffer with coughs, colds etc. but return to full health
- Some people have chronic health problems, these are health problems that last for a long time and do not go away
- G,S,B: copy table - examples of long term health problems, p181
- g/s: challenge complete task p181

# Genetic disorders

- Caused by changes in a person's DNA
- Many are picked up during pregnancy through scans
- Using page 182, highlight three common genetic disorders
- Many people who have these lead a full life, others need support

# Puberty

- Usually happens between 8 and 15
- Boys and girls have a growth spurt
- This is rapid and can affect balance, growth plates are affected meaning that they are weaker and can fracture easier
- Girls menstruate (start to have periods)
- G: complete stretch 1



# Menopause

- When women approach middle adulthood, their bodies begin to change and their ability to conceive a baby declines
- Unplanned pregnancy can occur during menopause
- This can enhance risk of gestational diabetes, high blood pressure, prem birth, low birth weight, birth defects

# Menopause

- For some women, this can be distressing. HRT can be the answer. Use p185 to answer the question Why does HRT help?
- Describe two common feelings about menopause

# Relationship changes

- The start of a relationship can be exciting, improve your mood, self confidence and esteem. It can also cause a fear of the unknown
- The end of a relationship can be very painful. You might sleep poorly and neglect your self care. It can also impact your financial position

## Divorce/ Separation

Often plan to live together forever, when this ends it affects a person's living arrangements and their financial stability. Sometimes people have to live together still to have somewhere to live; this can be traumatic for children within the relationship

Challenge: Complete task 2 on p187 (G/S) write B (Discuss)

# Parenthood

- Different ways of becoming a parent: natural conception, adoption
- Our childhood experiences can affect the way we parent
- We may choose the same or different way depending on our experiences
- If parents differ on how to parent it can cause confusion for the child
- Having a child alters the dynamic between parents, because all their attention is spent looking after the child, partners can feel left out

# Bereavement

- This can happen when we lose something or someone that is important to us; grief is the reaction
- The death of a loved one is one of the most stressful events that can happen to a person. It can happen to a parent, brother, caregiver etc. The death may be expected following an illness or accident
- People can experience grief after certain life events such as loss of a job, loss of a particular role, losing friends due to moving to a new area, end of a relationship

# Life circumstances

- School: most children start school in the September after their fourth birthday, attendance at pre school is not mandatory but education is mandatory between the ages of 5 and 18 years
- Starting school can be exciting and challenging with lots to learn
- Around the age of 11 children move to secondary school. This can be a stressful time, their bodies are changing and going through puberty, in-term transfers may also happen which can be unsettling, they can also be excluded from school

# Redundancy

- Occurs when the employer needs to reduce the number of people working for them
- People who are made redundant are usually paid a sum of money which helps them pay bills until they find another job
- Although it is common, some people feel ashamed and it can impact their self-esteem and wellbeing
- Task: copy the diagram on page 190 of the impacts of redundancy

# Imprisonment

- Adults who commit serious crimes might be sent to prison, the offender's freedoms are taken away
- Many people find it hard to cope with the shame of imprisonment
- Whilst in prison, they may lose interest in their personal hygiene
- Mental health can also decline
- They may become depressed and isolated



# Retirement

- Major life event and people are encouraged to plan for it
- Some people plan to retire at a specific age, some decide to gradually reduce their working hours
- If one partner retires, the other partner may adopt a different role as they have more free time on their hands
- People may be less active after retirement which will lead to negative impacts on health

Task: p191 G/S all B:1

# Bankruptcy

- People who owe a lot of money may file for bankruptcy
- A legal process that goes through the courts and the person may have to pay a fee to apply
- Their assets (all the money from the things they own) is shared between the people they owe money to.
- Bankruptcy can allow a person to make a fresh start, however it does have restrictions
- They are made public, the person likely to lose their home, some employers do not hire people that have become bankrupt, it affects a person's credit rating

# Life Events

- Copy this table into your book which will show the positive and negative effects of each life event.
- Some ideas have been given for you, can you add any more?

<b>Life Event</b>	<b>Positive effect</b>	<b>Negative effect</b>
<b>Physical event - having a baby</b>	Feelings of love and joy. Happiness at expanding your family.	Money to provide for new baby. Increase in responsibility.
<b>Life circumstances Starting or moving school</b>	New opportunities. New friendships can be made.	Anxiety or stress at the physical and mental pressures of moving. Loss of friendships.
<b>Relationship changes - divorce</b>	Reduce stress from a negative relationship.	Upset at the break up of a relationship Financial issues.

# Life Events

- Choose the following three life events below.
- Make a list from your work in your book of the impact each life event would have on the individual to their physical, intellectual, emotional and social development.
- Parenthood
- Moving school
- Divorce.



# Impacts of life events physical

## Illness

- Life event could affect immune system
- Could suffer tiredness or illness
- Might be unable to work or attend school
- Can cause stress and concern after inability to work or attend school

## Pain

- Some people live with pain caused by a chronic health problem
- Grief can be identified as causing physical pain
- Making it difficult for people to complete day to day activities
- Can have a negative impact on a person's life

# Physical impacts

## Weight loss

- ➔ Injury and pain may affect a person's appetite, leading to changes in weight
- ➔ People may eat less or more due to depression
- ➔ If they eat too little it can put pressure on their vital organs/too much can create weight problems

## Mobility

- ➔ Need to keep moving to maintain physical and mental health
- ➔ Infants and children to develop fine and gross motor skills
- ➔ Older adults need to keep mobile to maintain muscle strength and mass

# Physical

## Appearance

- Life events can affect physical attributes, including appearance
- A person who is bereaved may neglect their self-care
- Someone who is confined to a bed may find it difficult to wash and dress themselves

# Task - Life Events and PIES

- ▶ Can you link positive and negative side effects with the unexpected and expected life events you discussed in the earlier task?