Year 10
Health and Social Care Term 3 Knowledge Organiser

1. Health and Wellbeing

Accident/injury	An accident is an unexpected event, that can lead to an injury.
Physical illness	A disease or illness that physically affects the body.
Mental health and wellbeing	Keeping the brain and mind functioning normally so a person can complete daily tasks.
Emotional health and wellbeing	Forming attachments and feeling secure and content.

2 & 3. Character traits

Resilience – The ability to recover quickly from challenging situations.
Self-esteem – Confidence in one's abilities and self-worth.
Emotionally intelligence – The ability to control and express your own emotions but also to read emotions in other people.
Disposition – What someone's like, in particular whether they react positively or negatively to situations.

4 & 5. Sources of support

Family, friends, neighbours – eg. School friends, university friends, people that live nearby, parents, siblings, grandparents.
Professional careers/services – eg. Social workers, behaviour support teams, health specialised, occupational therapists, counsellors, teachers, careers, probation service, careers advice service.
Community groups – eg. Foodbanks, faith based organisations, voluntary support groups.
Multiagency working – Where multiple agencies work together. Eg. Social services working with the police.
Multidisciplinary working – Teams which bring together their specialist knowledge and skills to help meet the health and care needs of an individual. Eg. A health care worker working with a GP.

6. Life circumstances

- Moving house, school or job: a change of location or employment.
- Exclusion from education: being removed from school.
- Redundancy: let go by employer.
- Imprisonment: sent to prison.
- Changes to standards of living: an increase or decrease of the level of income and comforts. Eg. Meals out.
- Retirement: finish working all together.

7. Types of support

Emotional support – providing love and care to people especially when they are hurt or upset.
Information, advice, endorsed apps – providing information, help and guidance.
Practical help – helping people with eg. Childcare, cleaning etc.