

2.1.4 (b) Early Intervention and Prevention to Promote and Support Growth, Development and Well-being for a Range of Circumstances

For the exam, you will need to understand how individuals' circumstances may arise from expected and unexpected life events.

Life events can change life circumstances, and these can be positive or negative. They are separated into **expected** and **unexpected** life events

Expected life events

*Expected life events happen to most individuals and can be **PREDICTED**, which means that they can plan for them happening and therefore manage their effects.*

- Starting school/nursery/college/university
- Leaving school
- Moving to a new house
- Starting work/changing employment
- Living with a partner
- Marriage or civil partnership
- Retirement

Unexpected life events

*Some life events happen unexpectedly and **CANNOT BE PREDICTED**. It means that it is not possible to prepare for them and they often have a greater impact on health, well-being and resilience.*

- Sudden death of a loved one
- Serious accident or injury
- Acquired disability
- Imprisonment
- Redundancy/job loss/unemployment
- School exclusion
- Divorce

Likely impacts of life events can largely be predicted and there may be **POSITIVE/NEGATIVE** effects. The effects can be **SHORT-TERM** and/or **LONG-TERM**.

The impacts

PHYSICAL

Disturbed eating and disturbed sleeping from illness and stress.

INTELLECTUAL

Such as skills acquisition or difficulty concentrating.

SOCIAL

A change of social opportunities and interactions, as a consequence of starting nursery, school or higher education or a new job, becoming a parent, separation or divorce, and becoming withdrawn and isolated as a consequence of separation, divorce, unemployment or bereavement.

EMOTIONAL

Such as enhanced happiness from becoming a parent, getting a job, getting married, leaving an unhappy relationship.

Anxiety, grief or depression, as a result of bereavement or unemployment.