

The background is a solid light blue color with several white butterfly silhouettes scattered across it. The butterflies are in various sizes and orientations, some appearing to fly towards the center. The overall aesthetic is clean and serene.

Holistic Concept of Health

Social Well-being

S4 – Concepts and Framework

Booklet (1) Personal development

Booklet (2) Health and well-being

S4 – Holistic Health

Booklet (3) Physical

Booklet (4) Mental

Booklet (5) Social

S5 – Macro Level

Health Management

Booklet (6) (8) (9) (10)

Social Care

Booklet (7) (11)

Round-up : Booklet(13) Health and Social Care Policies

Learning Targets

Values and attitudes

- Respect each and every relationship

Knowledge

- Identify various types of relationship and how they affect personal growth

Skills

- Acquire interpersonal skills for relationship building
- Acquire skills for conflict management

Management of Social Relationships

Key questions

How do relationships affect personal health ?

How can we develop and maintain healthy relationships ?

Conflict Management

Relationship Building

Negative Impacts

-

Ill-being

Family Relationships

Well-being

+

Ill-being

Peer Relationships

Well-being

Ill-being

Work Relationships

Well-being

Positive Impacts

5.1 Healthy Relationships

Curriculum and Assessment Guide

Topic 1 - Personal Development, Social Care and Health Across the Lifespan

1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions

○ 1A3. Social perspective

■ *Interpersonal relationships*

5.1 Healthy Relationships

Curriculum and Assessment Guide

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

○ *4D Social care, healthy relationships, social responsibility and commitment in the family, community and groups*

■ *4D1. Healthy relationships*

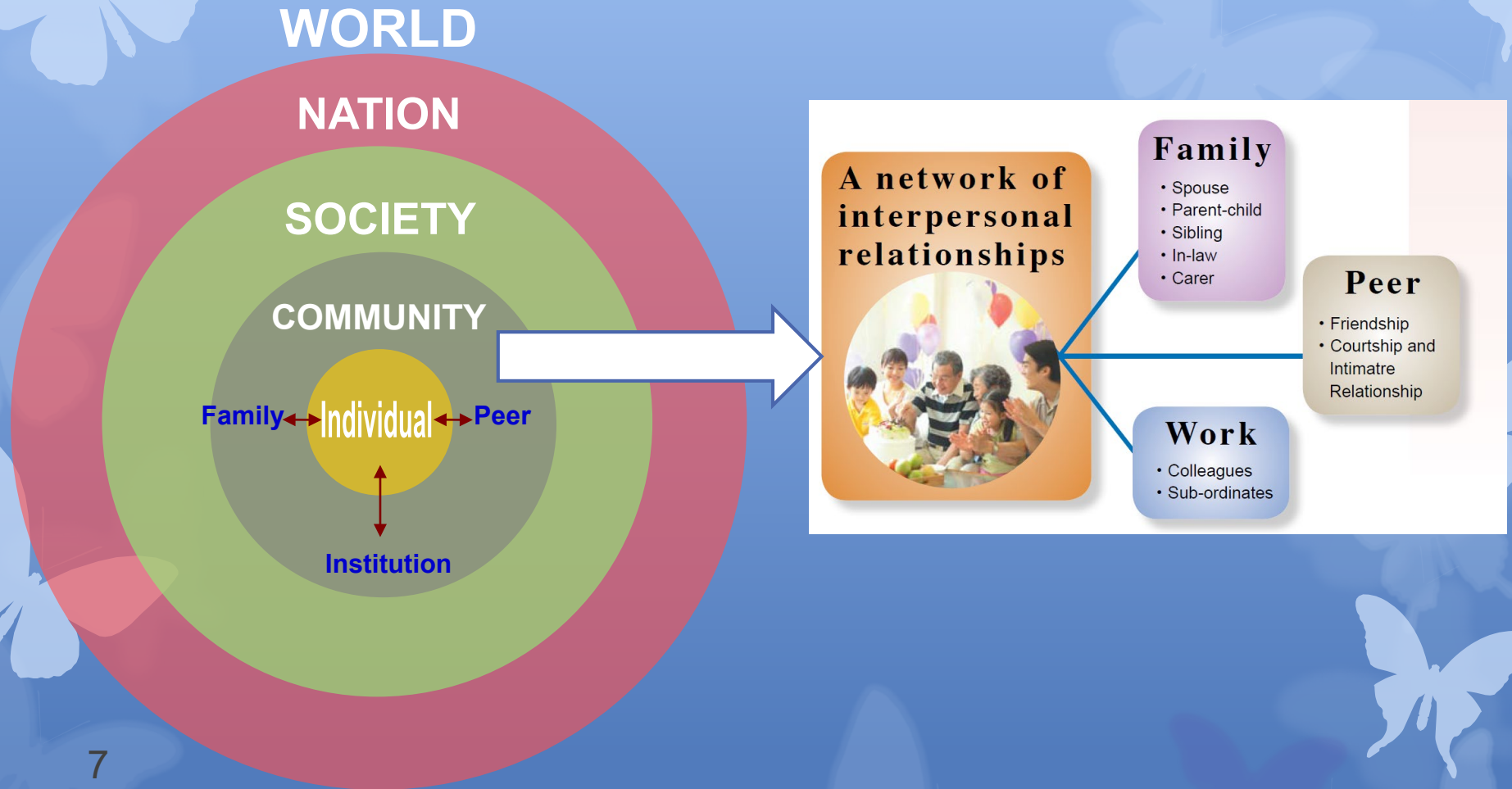
□ *Types of relationships – family relationships, friends and peer relationships, intimate relationship and workplace relationships*

□ *Positive and negative effects of relationships on personal development*

□ *Barriers to healthy relationships*

➤ *To respect each and every relationship*

5.1 Healthy Relationships



5.3A Importance of social relationships

Physical

- Provides protection and personal safety in dangerous situations and enhances physical health

Mental

- Provides love and belonging

Social

- provide social support in expected and unexpected life events that helps solve the crisis and increases the capacity to cope with crises



Holistic Health

Importance

Self-understanding

Johari Window

Loneliness

Social loneliness

lack of friends

Emotional loneliness

lack of intimate relationships

5.2 Family Relationships

Curriculum and Assessment Guide

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

- *4D Social care, healthy relationships, social responsibility and commitment in the family, community and groups*
 - *4D1. Healthy relationships*
 - *Types of relationships – **family relationships***
 - *Positive and negative effects of relationships on personal development*
 - *Barriers to healthy relationships*
 - *To respect each and every relationship*

5.2 Family Relationships

Curriculum and Assessment Guide

Topic 1 - Personal Development, Social Care and Health Across the Lifespan

1B Factors which influence personal development

○ the role of the family in

- nurturing conditions for health and development***
- meeting the physical, social and emotional needs***
- developing one's identity, self-esteem, resilience and affection***
- inculcating family, social and cultural values***

➤ To explore how the family influences personal health and development

5.2A Marital Relationships

Key questions

How do relationships affect personal health ?

Physical

- Intimate sexual relationship

Mental

- Satisfies human needs of security and love and helps achieve self-actualization

Social

- Division of work and functions of a family
- Social expectations on the gender roles

5.2A 2. Parent-child Relationships

Key questions

How do relationships affect personal health ?

Physical

- Child-rearing - ensure the physical growth of the child by satisfying their physical and psychological needs

Mental

- Parenting - provide a role model to the child and assist them in acquiring skills that they should learn to develop their self-esteem and positive self-concept

Social

- Nurturing – help children to adapt to society by providing opportunities and involving them in social activities at different stages of life

5.2A Sibling Relationships

Key questions

How do relationships affect personal health ?

| Stages | Positive | Negative |
|--------------------|--|---|
| Infancy | <ul style="list-style-type: none"> ● imitate their siblings ● learn to share and cooperate | <ul style="list-style-type: none"> ● compete with each other and jealousy arises when they are competing for the family resources and parents' love ● poor social skills caused by the poor relationship between siblings ● Conflicts caused by jealousy and competition |
| Childhood | <ul style="list-style-type: none"> ● get guidance and support from siblings | |
| Adolescence | <ul style="list-style-type: none"> ● siblings are like their peers ● May be closer than peers | |
| Adulthood | <ul style="list-style-type: none"> ● give advice and provide support to each other on their careers or families ● serve as an emotional and financial support ● share the role of carers for their parents ● cooperate to deal with problems and cope with demands and pressure from parents | |
| Elderly | <ul style="list-style-type: none"> ● major support networks for each other | |

5.2A Factors affecting Sibling Relationships

Number

- Without brothers or sisters, children may not have any experience in growing up together with other family members
- The larger the number of siblings, the greater will be the competition for family resources and parents' attention

Gender combination

- Siblings of the same sex are more able to share common topics and hobbies, but find it easier to be jealous and competitive with each other
- Different social expectations on different genders in a family

Age gap

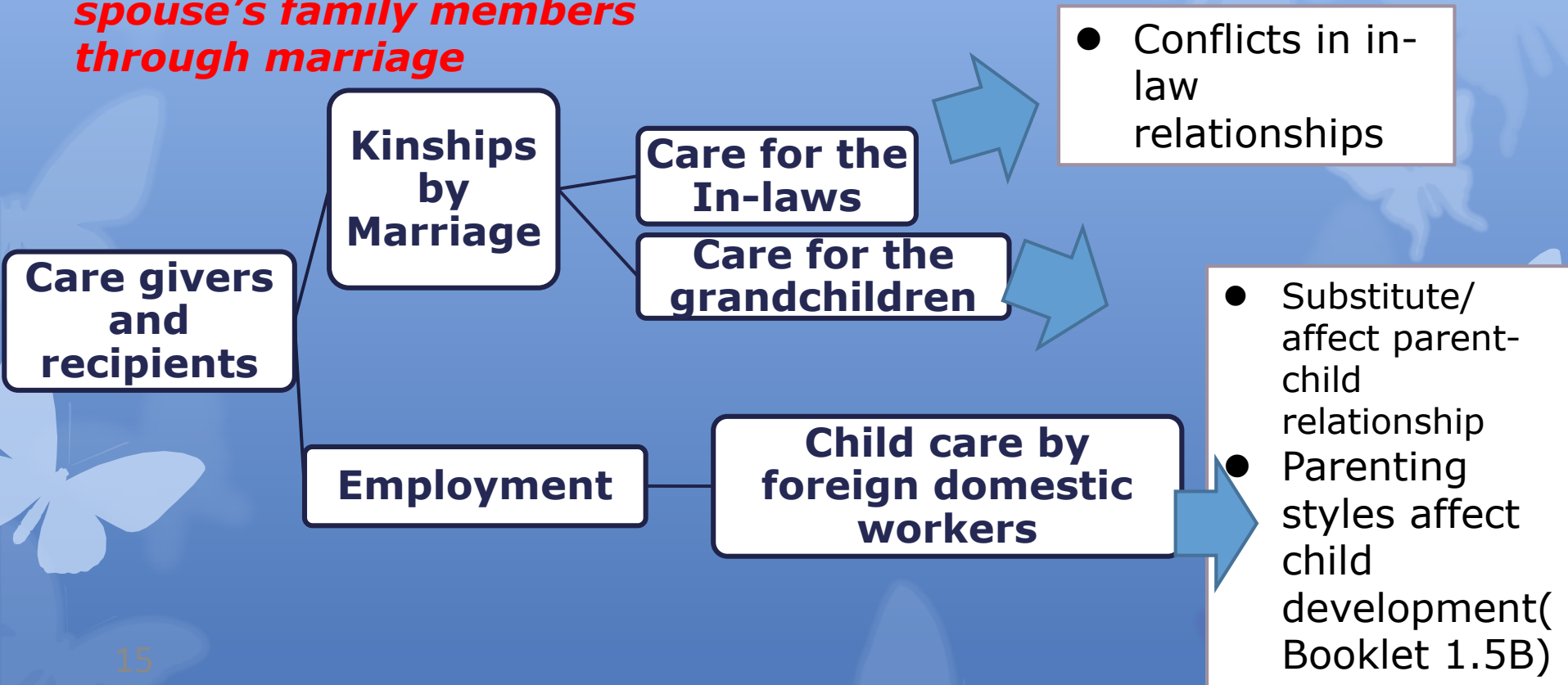
- Tend to act like peers if the age gap is small
- The wider the age gap between siblings, the more likely they act like parent and child

5.2A 4. Kinships by Marriage/ Care-givers and recipients

Key questions

How do relationships affect personal health ?

- ***Kinships by Marriage - the relationships developed between one and their spouse's family members through marriage***



- Conflicts in in-law relationships

- Substitute/affect parent-child relationship
- Parenting styles affect child development(Booklet 1.5B)

5.2 Family Relationships

Curriculum and Assessment Guide

Topic 1 - Personal Development, Social Care and Health Across the Lifespan

1C Transitions and changes in the course of the lifespan

○ *1C2. Changes of human relationships across lifespan*

- *Child-parent relationships, sibling relationships, friendship, courtship, working relationship*
- *Moving from child-parent relationships to sibling relationships and relationships outside the nuclear family*
- *The linkages between the nuclear and the extended family*

○ *1C3. Changes that occur in families throughout the life cycle*

- *Independence*
- *Marriage*
- *Parenting*
- *Interdependence*

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➤ *To understand that transitions and changes across life span are inevitable*

5.2B. Changes of family relationship across lifespan

| Stages | Features |
|--|--|
| Entering into early adulthood (Living with original family) | <ul style="list-style-type: none">● The adolescent children seek to develop self-identity, as well as begin separating from their family and becoming independent● They are starting to develop intimate relationships outside the family and spend more time with peers. Peer relationships are important during this period. |
| Getting Married (New family) | <ul style="list-style-type: none">● To establish an intimate relationship● To achieve independence - social and economic independence● To establish family roles and responsibilities |
| Becoming Parents (Nuclear family) | <ul style="list-style-type: none">● an increase in the financial burden● an increase in the household burden – rearrangement of roles and responsibilities● Appropriate care for the physical and psychological needs of the children<ul style="list-style-type: none">➤ Consensus on the child-rearing issues➤ Effective parenting styles for nurturing positive parent-child relationship |

| Stages | Features |
|--|---|
| Raising an Adolescent | <ul style="list-style-type: none"> ● If the parents treat the grown-up children like infants and young children, the children may act against the parents' authority in pursuit of a more equal parent-child relationship ● Parent-child relationship: respect and understand adolescent development including their need to be dependent, but still being immature, and needing to be guided and treated reasonably |
| Adapting to the Independence of Children | <ul style="list-style-type: none"> ● 'Empty nest' stage : the children leave the family one by one as they grow older, leaving their parents to live alone ● Some couples enjoy spending more time with each other. Thus, it is sometimes called the 'second honeymoon' ● Some couples may have failed to maintain a harmonious marital relationship and conflicts increase when they have more time to be with each other. They divorce when their children leave home. |
| Entering into Late Adulthood | <ul style="list-style-type: none"> ● New and original families – help the children to take care of the grandchildren that provide shelters for the new families, providing the reliefs on financial and social difficulties ● From care giving to being cared by children ● Death of the spouse -have to be psychologically prepared for the death of their spouse, i.e. the ends of marital relationship |

5.3 Peer Relationships

Curriculum and Assessment Guide

Topic 1 - Personal Development, Social Care and Health Across the Lifespan

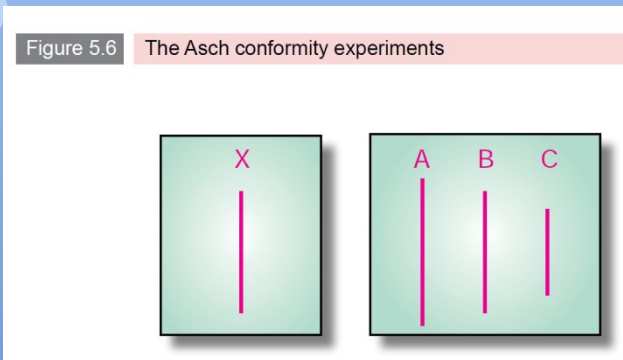
1B Factors which influence personal development

○ *1B3. Peer groups*

- *Meeting social and emotional needs*
- *Peer pressure and one's identity*
- *Influence on life style and on a variety of health risk behaviours*

➤₁₉ *To explore how the peers influence personal health and development*

5.3B Peer Pressure – Reasons



conform to the wrong answer due to social pressure

Reasons for conformity

Peer pressure

Avoid social conflicts

Reluctance to be isolated

Need recognition and support from their peers

5.3C Peer Pressure – Impacts

Key questions

How do relationships affect personal health ?

Positive

- Encourage healthy lifestyles and appropriate social behavior / With peer support, it is easier to practise and try out new behaviors
- Provide social and emotional supports
- Become a positive role model and share their success with their peers

Negative

- Discourage self-assertiveness -engage in dangerous or antisocial behaviour in order to avoid being isolated or rejected and get the acceptance of their peers
- Discourage independent thinking and personal judgement - adopt different style of dress, friends and values, following their peers' likes and dislikes

5.3C Peer Pressure– Possible Responses

Key questions

How can we develop and maintain healthy relationships ?

Submissive response

- reluctant to share their views and do anything against the group, even if they are suffering or will suffer. They do not want to break up the relationship.

Aggressive response

- use sarcastic words and aggressive behaviour to express their discontent and act for their personal interests regardless of others' feelings and the situation. They choose to protect their own personal interests

Assertive response

express own views and protect own interests without hurting those of others. A self-assertive person is able to respect others and protect their own interests.

5.4 Workplace Relationship

Curriculum and Assessment Guide

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

○ *4D Social care, healthy relationships, social responsibility and commitment in the family, community and groups*

■ *4D1. Healthy relationships*

□ *Types of relationships – workplace relationships*

23 ■ *To respect each and every relationship*

5.4A. Workplace Relationships

Independent

- everyone has their own task, and they seldom cooperate with others

Dependent

- everyone needs to cooperate to finish a plan or project

Competing

- everyone has to compare their performance and compete with their colleagues in order to be promoted and achieve a higher salary

Conflicting

- the colleagues have opposing views which are communicated with an aggressive attitude and behavior

5.4C. Conflict Management

Curriculum and Assessment Guide

Topic 4 - Promotion and Maintenance of Health and Social Care in the Community

4D. Social care, healthy relationships, social responsibility and commitment in the family, community and groups


- 4D2 2. Promotion and maintenance of care in service delivery
 - Understanding conflicts and conflict resolution strategies, e.g. effective communication

Topic 5 - Health Promotion and Maintenance and Social Care in Action

5D Leadership in health and social care

- 5D1 Conflict management

5.4C. Conflict Management– Levels of Conflict



Between groups
(inter-group conflict)

- disputes between employers and employees

Within groups
(intra-group conflict)

- disputes due to corporate decision-making

Between individuals
(interpersonal conflict)

- quarrels between a husband and wife

In individuals
(internal conflict)

- whether an individual should give up their own interest in order to help others

5.4 Conflict Resolution

| Strategies | Description | Example |
|---------------|---|---|
| Avoiding | An individual does not deal with the conflict and ignores it | Act as if there is no conflict. Take no action to deal with the conflict. |
| Competing | An individual pursues his own interests at the expense of others | I am the winner and you are the loser. |
| Accommodating | An individual neglects his/her own concerns to satisfy the concerns of others but eventually causes conflict within an individual | Self-sacrifice to maintain good relationship. |
| Compromising | The objective is to find some expedient, mutually acceptable solution that partially satisfies both parties | Meet each other halfway |
| Collaborating | Respects others' goals and involves an attempt to work with others to find some solution that fully satisfy their concerns, establishing a sense of belonging | Win-win |

5.4C Conflict Resolution

Different perceptions or disagreements between individuals or groups



Tension / uncomfortable feeling created



Avoid conflicts



Lower one's creativity and efficiency



Lead to 'group think'



Disrupts one's creativity



Different perceptions or disagreements between individuals or groups



Tension / uncomfortable feeling created



Identify the differences



Clarify expectations and thoughts



Learning to deal with disagreement and making adjustments



Achieve personal growth

5.4B Skills to Persuade and Reach Consensus

Key questions

How can we develop and maintain healthy relationships ?

| Skills | |
|-------------------|---|
| Persuasion | <p>Three main elements :</p> <ul style="list-style-type: none">● Reasons : in the form of evidence, which supports an argument or some conditional offer● Reputation : obtained from profession, integrity and personal traits● Affection : making here-and-now statements of personal feelings with the understanding of how to make use of information for emotional resonance |
| Consensus | <ul style="list-style-type: none">● Concluding problems and debating the issue● Emphasizing common goals and needs● Searching for a solution which benefits both parties● Using objective criteria as a basis for discussion |