

Open Awards Qualification Unit



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1 Unit Details

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| Unit Title: | Understanding Healthy and Unhealthy Relationships |
| Unique Reference Number: | Y/615/9670 |
| Level: | Level 2 |
| Credit Value: | 3 |
| Minimum GLH: | 24 |

2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will): | Assessment Criterion (The Learner can): |
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| 1. Understand different types of relationships | 1.1 Describe a minimum of 3 different types of relationships |
| 2. Understand own feelings in different relationships | 2.1 Assess own personal relationships |
| | 2.3 Explain personal feelings associated with own relationships |
| 3. Understand how feelings can influence behaviour | 3.1 Identify key events in own life when feelings have influenced behaviour |
| | 3.2 Explain the reasons why own feelings have influenced behaviour |
| | 3.3 Explain whether these were positive or negative experiences |
| 4. Understand different types of controlling situations | 4.1 Explain different types of controlling behaviour |
| | 4.2 Describe reasons why people may display certain behaviours |
| | 4.3 Assess whether any personal relationships have included any type of control |

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| 5. Understand acceptable boundaries to behaviour | 5.1 For both a professional setting and in own personal life give examples of: a) Acceptable behaviour b) Unacceptable behaviour |
| | 5.2 Explain possible reasons for unacceptable behaviour identified |
| | 5.3 Describe the effects of unacceptable behaviour identified |
| | 5.4 Describe what is meant by 'boundaries' and why they are important for own well-being |
| 6. Know about methods of challenging inappropriate behaviour | 6.1 Describe a minimum of 2 different methods of tackling inappropriate behaviour |
| | 6.2 Evaluate the effectiveness of each identified method |
| | 6.3 Identify situations where these methods could be used in own life |
| 7. Know about support agencies | 7.1 Identify a local and national agency that can offer support on: a) Domestic violence b) Bullying c) Counselling |