

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: The Importance of Children and Young People's Development in Youth Work

Unit Reference Number: L/652/1667

Level: One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 25

Unit Summary

The aim of this unit is to enable learners to understand the importance of children and young people's development in youth work.

This unit introduces the key stages of children and young people's development, highlighting development milestones and how areas of development are related. and explores factors that can influence this.

Learners will explore factors that affect development and understand how youth work can contribute to young people's social development.

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the stages of development in children and young people	1.1 Identify key areas of development in children and young people
	1.2 List typical developmental milestones from birth to 19 years
	1.3 Outline how different areas of development are related
2. Understand factors that affect the development of children and young people	2.1 Identify factors that influence development
	2.2 Describe how factors can impact young people's development and wellbeing
3. Know how youth work contributes to young people's social development	3.1 Identify ways youth work contributes to young people's: • wellbeing • social development

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected, but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and the tutor's own professional experience.

When a plural is stated in the assessment criteria, a minimum of two examples must be given – unless stated otherwise.

Areas of development	Learners should understand that children and young people develop across several key areas which, together, form holistic development. This may include: Physical development • Growth and body changes • Development of coordination and motor skills • Puberty and physical maturity • Physical health and wellbeing Cognitive development • Thinking and reasoning skills • Problem solving and decision making • Learning and memory development • Curiosity and understanding of the world Language development • Communication skills • Vocabulary development • Ability to express ideas and emotions Social development • Building friendships and relationships • Cooperation and teamwork • Understanding social expectations and behaviour • Developing a sense of belonging Emotional development • Understanding and expressing feelings • Developing empathy • Managing emotions • Developing self-awareness and identity
Developmental Milestones	Learners should have a basic understanding of typical development at different stages. Examples may include: Infancy (0–2 years) • Early movement and coordination • Beginning communication • Attachment to caregivers Early childhood (3–5 years) • Development of language • Learning through play • Early friendships Middle childhood (6–11 years) • Increased independence • Developing skills and interests • Stronger peer relationships Adolescence (12–19 years) • Identity development • Emotional changes • Increased independence and decision making

	Learners should understand that development can vary between individuals.
Related	Learners should recognise that development in one area can influence development in another. Examples may include: • Nature/Nurture • Physical health and mental wellbeing • Identity and values
Factors	Biological Factors Learners should understand that biological influences can affect how young people grow and develop. Examples may include: • Genetics • Additional needs • Physical health conditions • Natural abilities or limitations • Hormones Environmental Factors Learners should explore how young people's environment influences development. This may include: Family circumstances • Relationships within the family • Parenting and support systems Living conditions • Housing and financial stability • Access to resources Opportunities and life chances • Access to education and activities • Community support and services • Availability of positive experiences Learners should understand that supportive environments can promote healthy development. Social Factors Mental health and wellbeing • Stress, anxiety, and emotional pressures Peer pressure • Influence from friends or social groups School pressure • Expectations relating to learning and achievement Media influence • Social media and online comparison Cultural influences • Expectations from communities or traditions Addiction • Risky behaviours, including substance misuse or digital dependency Identity • Developing a sense of self • Understanding personal beliefs, culture, and values

	Teaching must cover a range of factors, and learners must provide evidence of at least two.
Wellbeing	Covers young people's physical, social, and emotional health. May include: • Self-esteem and self-worth • Feeling accepted and valued • Belief in personal abilities • Attitudes to physical health