

CU1539 Promote the Well-being and Resilience of Children and Young People

Aims

This unit provides the basis of knowledge, understanding and competence to support children and young people to be well and happy and to face the challenges they will encounter. It includes the promotion of health as well as promoting self esteem and supporting children to recognise and value who they are.

Credit 4

Level 3

Learning outcomes	Assessment criteria
<p>The learner will:</p> <p>1. Understand the importance of promoting positive well being and resilience of children and young people</p>	<p>The learner can:</p> <p>1.1 Explain the factors that influence the well being of children and young people</p> <p>1.2 Explain the importance of resilience for children and young people</p> <p>1.3 Analyse effective ways of promoting well being and resilience in the work setting</p> <p>1.4 Describe ways of working with carers to promote well being and resilience in children and young people</p>
<p>2. Understand how to support the development of children and young people's social and emotional identify and self esteem in line with their age and level of understanding</p>	<p>2.1 Explain why social and emotional identity are important to the well being and resilience of children and young people</p> <p>2.2 Explain how to support children and young people to identify with their own self image and identity</p> <p>2.3 Demonstrate how to encourage children and young people to recognise and value their own abilities, talents and achievements</p> <p>2.4 Demonstrate how to support children and young people to be involved in decisions and have as much control as possible over their lives</p> <p>2.5 Explain how goals and targets identified as part of the planning process contribute towards building the self esteem of children or young people</p>

<p>3. Be able to provide children and young people with a positive outlook on their lives</p>	<p>3.1 Demonstrate work with children or young people in a manner that is open, trustworthy, respectful and reliable</p> <p>3.2 Explain how a solution focused approach will encourage children and young people to have a positive outlook on their lives</p> <p>3.3 Support and encourage children and young people to respond positively to challenges and disappointments</p> <p>3.4 Demonstrate ways to encourage and support children and young people to express their feelings, views and hopes</p> <p>3.5 Support children and young people to reflect on the impact of their own actions and behaviour</p>
<p>4. Be able to respond to the health needs of children and young people</p>	<p>4.1 Support children and young people to recognise, value and meet their health needs as appropriate to their age and level of understanding</p> <p>4.2 Encourage children and young people to make positive choices about all of their health needs</p> <p>4.3 Assess any risks or concerns to the health and well being of children and young people and take appropriate action</p> <p>4.4 Explain the importance of informing relevant people when there are concerns about a child or young person's health or well being</p> <p>4.5 Record concerns about a child or young person's health or well being following recognised procedures</p>