

Title	Explain human development and health issues in youth work		
Level	5	Credits	6

Purpose	People credited with this unit standard are able to explain human development theory in youth work, and explain health issues in youth work.
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Classification	Social Services > Youth Development
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Available grade	Achieved
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Guidance Information

1 People awarded credit for this unit standard are able to implement Te Tiriti o Waitangi in youth work according to the authority and resources available to them and are able to apply this competence to the context of assessment against this unit standard. For further clarification, refer to Unit 22246 - *Implement Te Tiriti o Waitangi in youth work*.

2 Definitions:

- 'Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.' World Health Organisation Constitution (1946).
- Health connotes emotional, physical, mental, and spiritual wellbeing, within the cultural context of the person. In terms of te ao Māori, *hauora* is based on the cornerstones of taha tinana, taha hinengaro, taha wairua, and taha whānau.
- Māori terminology is defined according to consultation with local whānau, hapū, and iwi for region specific concepts.
- *Tauīwi theory* includes theory or models from any perspective other than Māori.

3 Assessment notes:

This is a theory-based unit standard designed to support other unit standards in youth work. It is expected that the emphasis in assessment will be on knowledge of human development and health aspects of youth (birth to young adulthood). Aspects of other life stages should receive consideration, but only insofar as they support competence in understanding the human development and health issues of youth.

4 Resources:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington DC: American Psychiatric Association. Available at: <https://www.psychiatry.org/psychiatrists/practice/dsm>
- Ara Taiohi. (2011). *Code of Ethics for Youth Work in Aotearoa New Zealand* (2nd edition). Available at: <https://arataiohi.org.nz/career/code-of-ethics/history-of-the-code-of-ethics/>

- Ara Taiohi. (2019). *Mana Taiohi Principles*. Available at: <https://arataiohi.org.nz/resources/training-and-resources/mana-taiohi/>
- Drewery, Wendy; & Claiborne, Lise. 2003. (2nd ed.). *Human development in Aotearoa: A journey through life*. Auckland: McGraw-Hill.
- Lerner, Richard. (2001). *Adolescence: Development, Diversity, Context, and Application* (1st Ed). Upper Saddle River, New Jersey: Prentice Hall.
- World Health Organisation. 1992. *The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines*. Geneva: World Health Organisation. Available at: <https://apps.who.int/iris/handle/10665/37958>

Outcomes and performance criteria

Outcome 1

Explain human development theory in youth work.

Performance criteria

- 1.1 Māori concepts of human development are explained in terms of te ao Māori.
- Range hauora, te ao turoa, te ao hurihuri, whenua.
- 1.2 Māori human development theory is explained in relation to Māori pūrākau.
- Range Io, Ranginui and Papatuanuku, Hine-ahu-one, Hine-tītama, Hine-nui-te-po, Maui, Tawhaki, Tangaroa, Rongo, Tane Mahuta, Tawhirimatea, Tūmatauenga, Haumia tiketike, Rūaumoko.
- 1.3 Māori human development theory is explained in relation to the significance of whānau, hapū, and iwi systems.
- 1.4 Human development throughout the life span is explained according to theory from a Pacific nation or one other Taiwi theory.
- Range human development throughout the life span – developmental stages, developmental tasks; one other Taiwi theory may include but is not limited to – Bronfenbrenner, Piaget, Erikson, Kohlberg, Maslow.
- 1.5 Māori and Taiwi theories of human development are applied to youth work.
- Range application of human development to youth work may include but is not limited to – recognition of developmental stages and developmental tasks of youth, ability of the youth worker to relate to youth, provision of youth services matched to the level of development and life stage of young person.

Outcome 2

Explain health issues in youth work.

Performance criteria

- 2.1 The concept of health is explained in accordance with a holistic model.
- Range a holistic model may include but is not limited to – World Health Organisation Constitution; a model that includes physical, mental, emotional, social, and spiritual dimensions; Māori model of health; Pacific peoples' model of health.
Evidence is required of one holistic model.
- 2.2 Major life events are explained in terms of their potential impact on youth's wellbeing.
- Range major life events may include but are not limited to – abuse; births and deaths amongst significant relationships; beginning and ending relationships, including marriage and divorce; children joining and leaving the family/whānau or household; education-related issues; changing abilities; physical and mental illness; employment-related issues; income-related issues; housing changes; sexuality, including sexual orientation.
Evidence is required of six major life events.
- 2.3 Other elements that enhance or have an adverse effect on youth's wellbeing are explained.
- Range other elements may include but are not limited to – cultural identity; nutrition, exercise, and rest; creativity; labelling; personal self-esteem; management of anger and stress; employment/unemployment; job satisfaction and security; personal/peer relationships; balanced lifestyle between family/whānau, friends, leisure, recreation, and work; spirituality.
Evidence is required of six other elements.
- 2.4 Health issues for youth are explained in terms of mental health issues.
- Range mental health issues may include but are not limited to – substance abuse, depression, anxiety, conduct disorders.
- 2.5 Other significant health issues in the life stages of adolescence and young adulthood are explained.
- Range other significant health issues may include but are not limited to – abuse; accidental injury; attempted suicide and suicide; damage inflicted by criminal offending; eating disorders and self-image; hygiene; self-harm; skin disorders; sexual health.
Evidence is required of explanation of the main features of three significant health issues.
- 2.6 Health services are described in terms of the nature of the services provided for youth.

Range nature of the services may include but is not limited to – advocacy, culturally specific services, education and training services, emergency services, mental health services, physical health services, private therapy services, residential care, sexual health service, spiritual health services, substance abuse services, support groups.
Evidence is required of identification of four services, one of which must be a mental health service.

2.7 Health services are described according to their eligibility criteria and referral protocols for youth.

Range evidence is required of eligibility criteria and referral protocols for each of the services identified under performance criterion 2.6.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	30 August 1999	31 December 2021
Revision	2	20 March 2003	31 December 2021
Review	3	26 November 2007	31 December 2021
Revision and rollover	4	MM 2020	

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.