

LSI YW18(SQA Unit Code-HE02 04)

Explore with young people their well-being



Overview

This standard is for youth workers who aim to address and improve the well-being of young people.

It covers working with young people to identify issues which may affect their well-being, and includes encouraging young people to take reasonable care and to take responsibility for ensuring their own well-being.

Within this standard 'well-being' includes the personal, social, mental and physical health of young people.

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Performance criteria

- You must be able to:*
- P1 explore with young people those factors impacting upon their well-being, including their relevant beliefs and preferences, and identify their priorities in relation to their well-being
 - P2 challenge constructively any attitudes and beliefs that may adversely impact upon their well-being, whilst acknowledging their right to make their own decisions
 - P3 identify and agree with young people those aspects to be addressed in enhancing well-being, and encourage them to recognise the likely benefits
 - P4 facilitate young people to reflect on their lifestyle choices
 - P5 provide relevant and up to date information, advice and guidance, in line with own competence and responsibility
 - P6 assist young people to take steps to improve their well-being
 - P7 access appropriate support, and progress agreed activities in a manner which maximises young people's interdependence
 - P8 encourage young people to reflect upon their behaviour and determine the causes and consequences of their actions
 - P9 encourage young people to reflect upon their progress, recognising achievements and identifying and addressing any setbacks constructively
 - P10 respect young people's right to change their minds and to consider amended or alternative approaches
 - P11 maintain confidentiality and records as appropriate in line with legislative and organisational requirements

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Knowledge and understanding

You need to know and understand:

- K1 legal and organisational requirements, including their local, social and political context, impacting upon the provision of information, guidance and support relating to the well-being of young people
- K2 legislative and organisational requirements relevant to the storage and maintenance of information
- K3 own organisation's policy and procedures regarding confidentiality of information and the disclosure of information to third parties, and the specific circumstances under which disclosure may be made
- K4 the principal agencies and referral routes available to support young people regarding their well-being, and the arrangements for accessing these
- K5 the importance of maintaining the young person's right to make their own choices
- K6 local socio-economic issues and their impact upon the well-being of young people
- K7 factors affecting the well-being of young people within the local community
- K8 why it is important for the young person to control the progress and content of discussions and how to make suggestions and offer advice in a manner that is supportive and non-directive
- K9 why it is important to be non-judgemental about the ways that young people choose to live and the choices they have made
- K10 why it is important to help young people consider the causes and effects of their choices and behaviour on themselves and others and methods of doing this
- K11 how culture, beliefs and preferences can affect a young person's willingness to discuss issues and the strategies which may be used to encourage this
- K12 strategies for encouraging young people to discuss issues openly and honestly, how to respect and acknowledge other's priorities in relation to their well-being and their right to refuse advice and information
- K13 own role and responsibilities and from whom assistance and advice should be sought when necessary
- K14 the values and principles underpinning youth work

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Additional Information

Values

Working with representatives of the sectors within youth work, LSIS has agreed a suite of values and principles which distinguish youth work from other, sometimes related, activities involving young people. These values and principles are at the core of the work undertaken within youth work and underpin this standard. The behaviours required within this standard include those which reflect particular values and principles.

Behaviours

1. Actively seek to comprehend, encouraging questions and checking for understanding
2. Acknowledge positively the contributions and insights of young people
3. Are enthusiastic and motivated in your support of young people
4. Treat young people and their views with respect
5. Communicate clearly and in a style suited to the needs of your audience
6. Take personal responsibility for making things happen

Glossary

Lifestyle choices in this standard refers to choices which affect well-being, such as diet, level of physical activity, substance abuse, social and personal interactions

Well-being includes general health, as well as personal, social mental and physical health, sexual health and substance misuse

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