

# Unit Award Scheme

## 75871 LIFE SKILLS: BUILDING HEALTHY RELATIONSHIPS

In successfully completing this unit, the Learner will have

**Evidence needed**

**demonstrated the ability to**

- |   |  |  |
|---|--|--|
| 1 | list three important traits commonly found in a healthy friendship   | Student completed worksheets or written work |
| 2 | write a paragraph describing why healthy relationships are important   | Student completed worksheets or written work |
| 3 | name three different groups of people you may have a relationship with   | Student completed worksheets or written work |
| 4 | list at least three factors that contribute towards how close a relationship you develop with different groups of people | Student completed worksheets or written work |
| 5 | describe at least three specific techniques that would aid a healthy relationship  | Student completed worksheets or written work |
| 6 | list five signs of an unhealthy relationship   | Student completed worksheets or written work |

**acquired an understanding of**

- |   |   |  |
|---|---|--|
| 7 | at least three characteristics of a healthy loving relationship | Student completed worksheets or written work |
|---|---|--|

**experienced**

- |   |  |                             |
|---|--|-----------------------------|
| 8 | taking part in a group discussion about healthy relationships. | Teacher completed checklist |
|---|--|-----------------------------|

All outcomes recorded on an [AQA Summary Sheet](#) (incorporating the [Teacher Checklist](#) if required)

Approved 25 June 2012

Level - Level One

# HEALTH.

## LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871



### AQA Outcome 1

Demonstrate the ability to list three important traits commonly found in a healthy friendship;

1-
2-
3-

### AQA Outcome 2

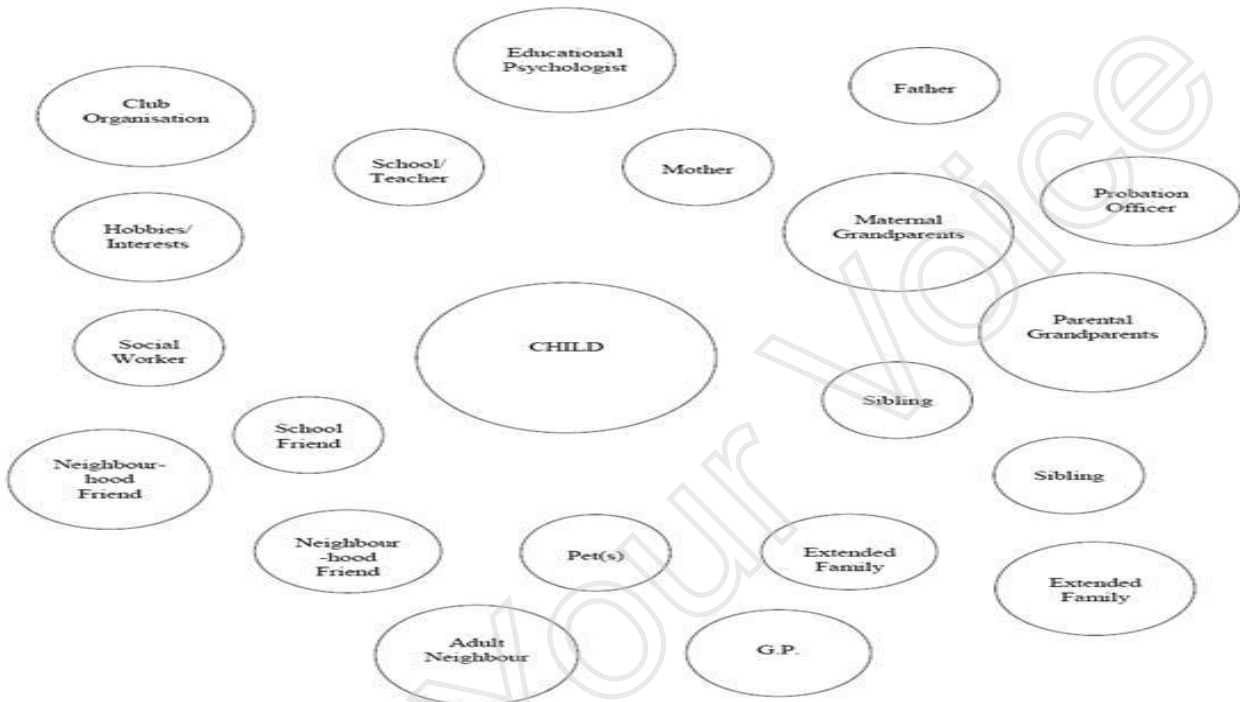
Demonstrate the ability to write a paragraph describing why healthy relationships are important;

Carer or Young person to make notes of main points discussed.  
Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# HEALTH.

## LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871

Use the Eco-map below to think about your relationships.



### AQA Outcome 3

Demonstrate the ability to name three different groups of people you may have a relationship with;

1-
2-
3-

Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# HEALTH.

## LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871



### AQA Outcome 4

Demonstrate the ability to list at least three factors that contribute towards how close a relationship you develop with different groups of people;

1-
2-
3-

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Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# HEALTH.

## LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871

### AQA Outcome 5

Demonstrate the ability to describe at least three specific techniques that would aid a healthy relationship;

1-
2-
3-

### AQA Outcome 6

Demonstrate the ability to list five signs of an unhealthy relationship;



1-
2-
3-
4-
5-

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Carer or Young person to make notes of main points discussed.

Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# HEALTH.

## LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871



### AQA Outcome 7

Acquire an understanding of at least three characteristics of a healthy loving relationship;

1-
2-
3-

### AQA Outcome 8

Experience taking part in a group discussion about healthy relationships;

Young person and/ or carer's notes on main points discussed.
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Carer or Young person to make notes of main points discussed.  
Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# HEALTH.

LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS- 75871

## AQA Unit Award Scheme: Checklist and Portfolio Content

Centre Name: \_\_\_\_\_

Centre Number: \_\_\_\_\_

Student Name: \_\_\_\_\_

Student Number: \_\_\_\_\_

Unit Title: LIFE SKILLS: BUILDING HEALTHY RELATIONSHIPS

Unit Code: 75871

Outcomes	Evidence	Date completed	Carer's Signature
1	Healthy relationship list		
2	Healthy relationship details		
3	Relationship groups		
4	Relationship factors list		
5	Relationship techniques		
6	Unhealthy signs		
7	Loving relationship list		
8	Discussion notes		

Carer/ worker's signature \_\_\_\_\_

Date completed \_\_\_\_\_

Assessor's signature \_\_\_\_\_

Date completed \_\_\_\_\_

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Carer or Young person to make notes of main points discussed.  
Carer should write the student's name & number, sign & date on each sheet of paper submitted  
Carer to date when the outcome was completed on the end of unit checklist.

# AQA Unit Award Scheme: Summary Sheet

Name of Centre \_\_\_\_\_

Centre No

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Unit Title LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS

Unit Code

75871

\*Dates must be used to record the achievement of each outcome in the columns below

Student Details		Outcomes *														Date of Completion	
		1 Trait 1	1 Trait 2	1 Trait 3	2	3 Group 1	3 Group 2	3 Group 3	4 Factor 1	4 Factor 2	4 Factor 3	5 Tech'1	5 Tech'2	5 Tech'3	6 Sign 1		
Number	Name																
	SURNAME, FORENAME																

Signed \_\_\_\_\_ (Unit teacher)

Signed \_\_\_\_\_ (Co-ordinator)

Date \_\_\_\_\_

Sheet No 1 of 2



# AQA Unit Award Scheme: Summary Sheet

Name of Centre \_\_\_\_\_

Centre No 

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Unit Title LIFE SKILLS BUILDING HEALTHY RELATIONSHIPS

Unit Code 75871

\*Dates must be used to record the achievement of each outcome in the columns below

Student Details		Outcomes *													Date of Completion		
		6 Sign 2	6 Sign 3	6 Sign 4	6 Sign 5	7Character1	7Character2	7Character3	8								
Number	Name																
	SURNAME, FORENAME																

Signed \_\_\_\_\_ (Unit teacher)

Signed \_\_\_\_\_ (Co-ordinator)

Date \_\_\_\_\_