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| Unit Title: Understand theories of relationships and social networks | | |
| URN: Y/601/8579 |  |  |
| Credit Value: 3 |  |  |
| Level: 4 |  |  |

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|  | **Assessment Method** | **Evidence Ref.**  **Page number, Method** | **Assessor Decision**  **Sign and Date** |
| **You must be able to:** | | | |
| **1 Understand the relevance of relationship theories to health and social care practice.** | | | |
| 1.1 Compare key principles of relationship theories. |  |  |  |
| 1.2 Analyse ways in which an understanding of relationship theories can enhance health and social care practice. |  |  |  |
| **2 Understand the impact of relationships and social networks on well-being and self esteem.** | | | |
| 2.1 Describe the benefits of supportive relationships and social networks for an individual’s well-being and self esteem. |  |  |  |
| 2.2 Describe the possible impact of difficult or dysfunctional relationships on an individual’s well-being and self esteem. |  |  |  |
| 2.3 Analyse the features of supportive relationships and dysfunctional relationships. |  |  |  |
| **3 Understand factors that can influence the process of a relationship.** | | | |
| 3.1 Explain the processes involved in the development, maintenance and breakdown of relationships. |  |  |  |
| 3.2 Analyse how the development, maintenance and breakdown of relationships can be influenced by:  • Social factors  • Economic factors  • Cultural factors  • Psychological factors  • Physical factors |  |  |  |

**Learner declaration of authenticity:**

I declare that the work presented for this unit is entirely my own work.

Learner signature: Date:

**Assessor sign off of completed unit:**

I confirm that the learner has met the requirements for all assessment criteria demonstrating knowledge and skills for this unit.

Assessor name:

Signature: Date: