**Portfolio Assessment Summary Form**

**Level 2 Award for Young Health Champions**

**Unit 10: Understanding Emotional Wellbeing**

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| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Understand the importance of emotional wellbeing and how it contributes to people’s health** |  |  |
|  |  |  |
| 1.1 State the WHO definition of mental health |  |  |
| 1.2 Explain the spectrum of mental health from mental ill health to emotional wellbeing |  |  |
| 1.3 Identify how emotional wellbeing can impact on physical, social and mental health |  |  |
|  |  |  |
| **Understand how to develop resilience and how it can be used to manage difficulties** |  |  |
|  |  |  |
| 2.1 Describe what is meant by individual resilience |  |  |
| 2.2 Identify ways in which individual resilience can be developed |  |  |
| 2.3 Identify ways in which individual resilience enables individuals to manage difficulties |  |  |
|  |  |  |
| **Understand the factors that can have a positive and negative effect on emotional wellbeing** |  |  |
|  |  |  |
| 3.1 Identify factors which can impact on emotional wellbeing |  |  |
| 3.2 Explain how these factors may have a negative effect on emotional wellbeing |  |  |
| 3.3 Explain how these factors may have a positive effect on emotional wellbeing |  |  |
|  |  |  |
| **Understand how to manage own emotional wellbeing** |  |  |
|  |  |  |
| 4.1 Identify behaviours which can help support positive mental health and improve emotional wellbeing |  |  |
| 4.2 Identify ways to improve own emotional wellbeing |  |  |

Award of unit / qualification recommended:

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|  | YES / NO | Name | Signature | Date |
|  |  |  |  |  |
| Assessor |  |  |  |  |
| Internal Verifier |  |  |  |  |