

Youth Adaptation

UNIT 3

POVERTY, INEQUALITY & HEALTH

Unit 1: SUMMARY OUTLINE

Exercise Number	Exercise	Alterations/Suggestions	Alternative Exercises/ Handouts
1	Recap from Unit 2 and Introduction to Unit 3	Take a bit more time to ensure key messages from Unit 2 have been learned	None
2	Barriers and Choices	Change roles to be more appropriate: see summary notes below	AH1
3	Facts, Figures and People's Stories	Use facts and figures appropriate to young people. See alternative sources: summary notes below. Useful if you can get additional support to help with reading part.	None
4	Defining Poverty	Alternative Handout	AH2
5	Inequalities in Health	None	None
6	The Group Project	None	None
7	Recap and Summary	Take time to ensure key messages understood	None

Unit 3: ADDITIONAL TUTOR SUMMARY NOTES

This unit provides a good variety of learning methods which really appeals to young people, particularly the internet research. If time permits give extra time to research youth health issues and inequalities. This helps make the issues more interesting and relevant to young people, which will help maintain interest and motivation on the course.

Exercise 1: Recap of Unit 2 and Intro to Unit 3

Try to spend a bit more time than normal on this exercise to ensure key messages have been learned.

Exercise 2: Barriers and Choices

Use *additional visual handouts* if appropriate. **AH 1**

Replace existing roles with some roles young people could associate with e.g.

- 18 years old girl pregnant with her second child
- A young male caring for his disabled mother
- A young woman living with a parent with an addiction
- A young man about to start University in a new town with no family nearby
- A student struggling to find part-time work
- An 18 year old male who is a plumbers apprentice
- A young woman who lives with her elderly grandparents
- A young gay man
- A young man living with a violent father
- A school leaver struggling to find work
- A young Polish man working on a local building site

Exercise 3: Facts, Figures and Peoples Stories

Other sources of information could be used to research facts and figures in relation to young people. Possible sources include:

- Young People's health and well-being profiles are currently available for Scotland. Go to www.phru.net/cyphi/csan/ and click on Child Health Information Profiles
- Barnardo's Scotland has produced an index of well being for children in Scotland (July 2007). Go to www.barnardos.org.uk/scotland

- The WHO's web site provides health statistics on individual countries
<http://www.who.int/countries/en/>

Reading exercise:

Due to the amount of reading this exercise can seem quite dry to young people and it can be easy for them to lose interest. It is advisable to have one tutor per small group to support them through reading the documents and to answer any questions/queries they may have.

Exercise 4: Defining Poverty

In the list of necessities it's useful to add some things that are more relevant to young people **AH 2**

Exercise 5: Inequalities in Health

Run through the exercise as normal.

Exercise 6: The Group Project (planning)

Run through the exercise as normal.

Exercise 7: Recap and Summary

Try to spend a bit more time than normal on this exercise to ensure key messages have been learned.

Exercise 2

BARRIERS AND CHOICES VISUALS



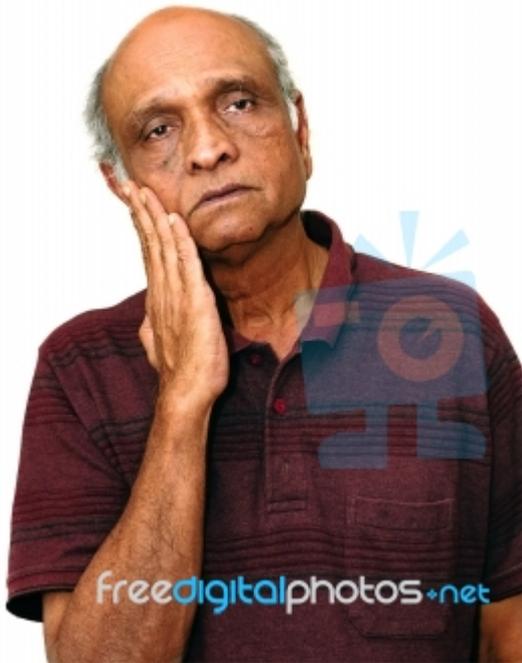
Lone parent

“Image courtesy of David Castillio Dominici / FreeDigitalPhotos.net”



Pregnant woman

“Image courtesy of David Castillio Dominici / FreeDigitalPhotos.net”



Elderly man living alone with no family nearby

“Image courtesy of Arvind Balaraman / FreeDigitalPhotos.net”



Homeless young man

“Image courtesy of Mantas Ruzultas / FreeDigitalPhotos.net”



A woman living with a violent partner

“Image courtesy of kenphotos / FreeDigitalPhotos.net”



Someone with severe arthritis

“Image courtesy of Maggie Smith / FreeDigitalPhotos.net”



16 year old who has left school

“Image courtesy of David Castillio Dominici / FreeDigitalPhotos.net”



Man with a good job

“Image courtesy of Ambro / FreeDigitalPhotos.net”

Exercise 4

LIST OF NECESSITIES

- New not second hand clothes.
- Heating to warm living areas of the home if it is cold.
- Enough bedrooms for every child over 10 of different sex to have his/her own.
- Leisure equipment for children e.g. sports equipment or a bicycle.
- Carpets in living rooms and bedrooms.
- Games Console – such as Playstation, Wii, etc.
- A PC
- Access to the internet
- Digital television
- Weekly allowance for young people
- Being able to go cinema/bowling at least once per month
- Presents for friends or family once a year.
- Three meals a day for children.
- Toys for children.
- Refrigerator.
- Bath (not shared with another household).
- A car.
- A holiday away from home for one week a year, not with relatives.
- Public transport for one's needs.
- A garden.
- A television.
- Celebrations on special occasions such as Christmas.
- Damp-free home.
- A warm water-proof coat/jacket.
- A telephone.
- A packet of cigarettes every other day.
- A roast meat joint or its equivalent once a week.
- A 'best outfit' for special occasions.
- An outing once a week.
- Meat or fish every other day.
- A dressing gown.
- A hobby or leisure activity.
- Friends round for tea or a snack once a week.
- Indoor toilet (not shared with another household).
- Friends/family round for a meal once a month.
- Beds for everyone in the household.
- A washing machine.
- Two pairs of all-weather shoes.

Adapted from: Mack J., Lansley S. 1995. 'Poor Britain'. Allen & Unwin. London.
Taken from 'A Community Development Approach to Health Issues in Northern
Ireland')