# Activity sheet 1.9: Emotional development: Security

Learning aim A: Understand human growth and development across life stages and the factors that affect it

Learning aim A1:Human growth and development across life stages

Positive emotional development is dependent on our feeling of **security** and contentment.

1. With a partner, discuss why feeling secure is an important part of emotional development. Then write a definition:

Security means

2. Discuss what makes individuals feel secure or insecure, then complete the table below. Try to give one reason for each of the life stages. Some examples have been added for you.

|  |  |  |
| --- | --- | --- |
| **Life stage** | **Secure**  | **Insecure**  |
| Infancy  | Being cuddled by a parent  |  |
| Early childhood  |  | Starting nursery – being left by a parent with people one does not know  |
| Adolescence  |  |  |
| Early adulthood  |  | Having a temporary work contract  |
| Middle adulthood |  |  |
| Later adulthood  | Having a close relationship with family and friends  |  |

Hint

Security may relate to a person’s relationships and attachment, financial situation and living conditions.