

NAME:

Hierarchy of Needs

Read the 'Hierarchy of needs' (page 13) section of the homelessness fact book and complete the following activities.

1. Why do you think the needs at the bottom (physiological needs and safety needs) must be met before any other needs can be met?

2. For each of the five groups of needs, explain why people experiencing homelessness would be struggling to meet them.

Physiological needs:

Safety needs:

Love/belonging needs:

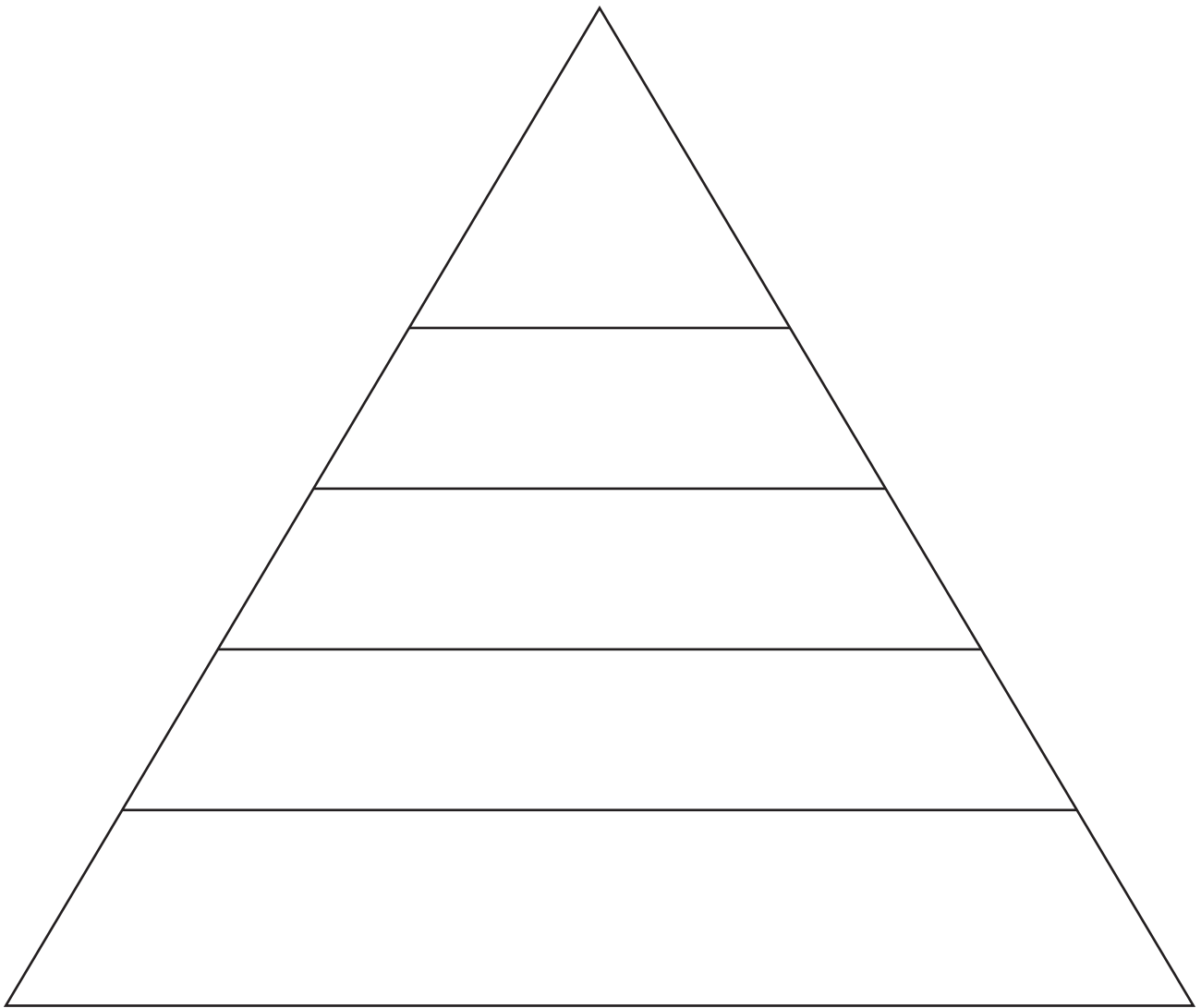
Esteem needs:

Self-actualisation:

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3. If you became homeless, what would be your most important need? What would you do first? Write this need in the bottom block of the blank pyramid. Then write what your second most important need would be in the next block. Repeat until the pyramid is full.



Teacher Guide – Hierarchy of Needs

Read the ‘**Hierarchy of needs**’ (page 13) section of the homelessness fact book and complete the following activities.

1. Why do you think the needs at the bottom (physiological needs and safety needs) must be met before any other needs can be met?

A human’s most basic needs are their physiological needs. Physiological needs must be met first as they are required to stay alive. Once a human being has satisfied their physiological needs, they can then focus on meeting their safety needs. When safety needs are met, humans are free from danger and having good health and gainful employment means people are able to continue meeting both their physiological and safety needs.

2. For each of the five groups of needs, explain why people experiencing homelessness would be struggling to meet them.

Physiological needs:

People experiencing homelessness generally have very little money. This makes it difficult to buy food and access housing (shelter). Sleep can also be of a low quality due to not sleeping in comfortable accommodation.

Safety needs:

Safety needs are hard to meet, particularly for those experiencing primary homelessness as they are exposed to the weather as well as threats of violence. People experiencing homelessness also often have more health problems and most struggle to find employment.

Love/belonging needs:

People experiencing homelessness may find it difficult to maintain friendships as they are constantly moving around to different places. Also, lack of money makes it difficult to attend social events. These same obstacles may also make it hard to establish intimate relationships.

Esteem needs:

People experiencing homelessness often suffer from low self-esteem and low self-worth. It is nearly impossible for someone experiencing homelessness to meet these needs as they must focus on the lower needs first.

Self-actualisation:

Similar to esteem needs, people experiencing homelessness cannot achieve their full potential due to a range of other needs not being met.

Student responses to the pyramid will vary.