

90975R



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Level 1 Health, 2015

90975 Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations

2.00 p.m. Thursday 19 November 2015
Credits: Four

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health 90975.

Check that this booklet has pages 2–4 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.

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Resource A: Tobacco Law and Penalties

Tobacco control in New Zealand is legislated under the provisions of the Smoke-free Environments Act 1990 and subsequent amendments.

Key points of the law include:

- All indoor workplaces must be 100 % smoke free.
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- Individual employers risk a fine of \$400 for failing to take all reasonable steps to prevent someone from smoking indoors, increasing to a maximum of \$4 000 for bodies corporate.

Source (adapted): <https://www.drugfoundation.org.nz/tobacco/law-and-penalties>.

Resource B: 2013 Youth Smoking in New Zealand

The ASH Year 10 Snapshot Survey has been used to monitor student smoking since 1999. This annual survey samples around half of the schools in New Zealand with Year 10 students, and describes the daily, regular, and never smoking rates for 14- to 15-year-old students from 1999 to 2013.

Key findings

- 3.2 % of all Year 10 students were daily smokers.
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- 75.07 % of students were never smokers.

Source (adapted): <http://www.ash.org.nz/wp-content/uploads/2014/08/2013-Youth-smoking-in-New-Zealand.pdf>.

Resource C: Young Adult Campaign ‘Stop Before You Start’

Research shows that young adulthood is a key time for establishing smoking or non-smoking behaviours, with a significant proportion of New Zealand’s young adults smoking in social settings (i.e. social smokers, casual smokers) despite not identifying as a smoker.

Young adults are also “less likely to be informed about the health risks and addictiveness of smoking” and “more exposed to, and susceptible to, social and environmental influences such as peer pressure and hazardous drinking”.

Source (adapted): <http://www.pha.org.nz/documents/408-stop.pdf>.

Resource D: Smoking Prevention and Cessation in Adolescents: Changing Futures, Saving Lives

On average, New Zealanders who smoke tried their first cigarette between the ages of 11 and 12.

Smoking can be a marker for substance misuse and mental health disorders.

Communicating with adolescents and their whānau

Children from families where the parents have clearly expressed views that smoking is bad are less likely to begin smoking – even when the parents themselves smoke. Children with parents who smoke are more likely to be the “early adopters” of smoking in their peer group.

Encouraging adolescent participation in sport and cultural activity

Research has shown that participation in sport encourages adolescents to commit to being smoke free.

Non-smokers were generally viewed as being “in the middle”, or being “average”, and required other strategies, e.g. sport or music, to define their status among their peers.

Increasing parental supervision or interaction

Adolescents who do not receive parental supervision after school are more likely to smoke than those who do.

It was also found that adolescents who were strongly attached to their parents were less likely to smoke than adolescents who were the least attached, across all ethnicities studied.

Source (adapted): <http://www.bpac.org.nz/BPJ/2013/June/smoking.aspx>.

Resource E: Kiwis Learning to Overcome Cannabis

The 2013 New Zealand Drug Foundation's Cannabis and Health Symposium in Auckland heard how chronic cannabis use in early adolescence can make some people up to 11 times more likely to develop schizophrenia.

The Secondary Principals' Association President ...

also believes cannabis use in young people has major cognitive impacts including psychosis and memory loss: "Kids come to school half asleep, they're still suffering the after-effects. There are no stoners in schools that are celebrated at prize-giving."

Source (adapted): http://www.nzherald.co.nz/hawkes-bay-today/lifestyle/news/article.cfm?c_id=1503456&objectid=11189305.

Resource F: The Gateway Theory

Some argue cannabis is a gateway drug – that its use causes people to also try more dangerous drugs.

However, this study (the Health Select Committee's 2003 report into cannabis use in New Zealand) could not identify a causal link with the Committee report, concluding: "These findings suggest that cannabis, when used frequently, may be a 'gateway' drug to other drug use, although whether this is a result of contact with the illegal market or an effect of cannabis use is uncertain."

Source (adapted): <https://www.drugfoundation.org.nz/cannabis/gateway-theory>.