

91235MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

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KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Hauora, Kaupae 2, 2015

91235M Te tātari i tētahi take hauora ā-taiohi

2.00 i te ahiahi o te Rāhina, te 30 o Whiringa-ā-rangi, 2015
Whiwhinga: E rima

TE PUKAPUKA RAUEMI

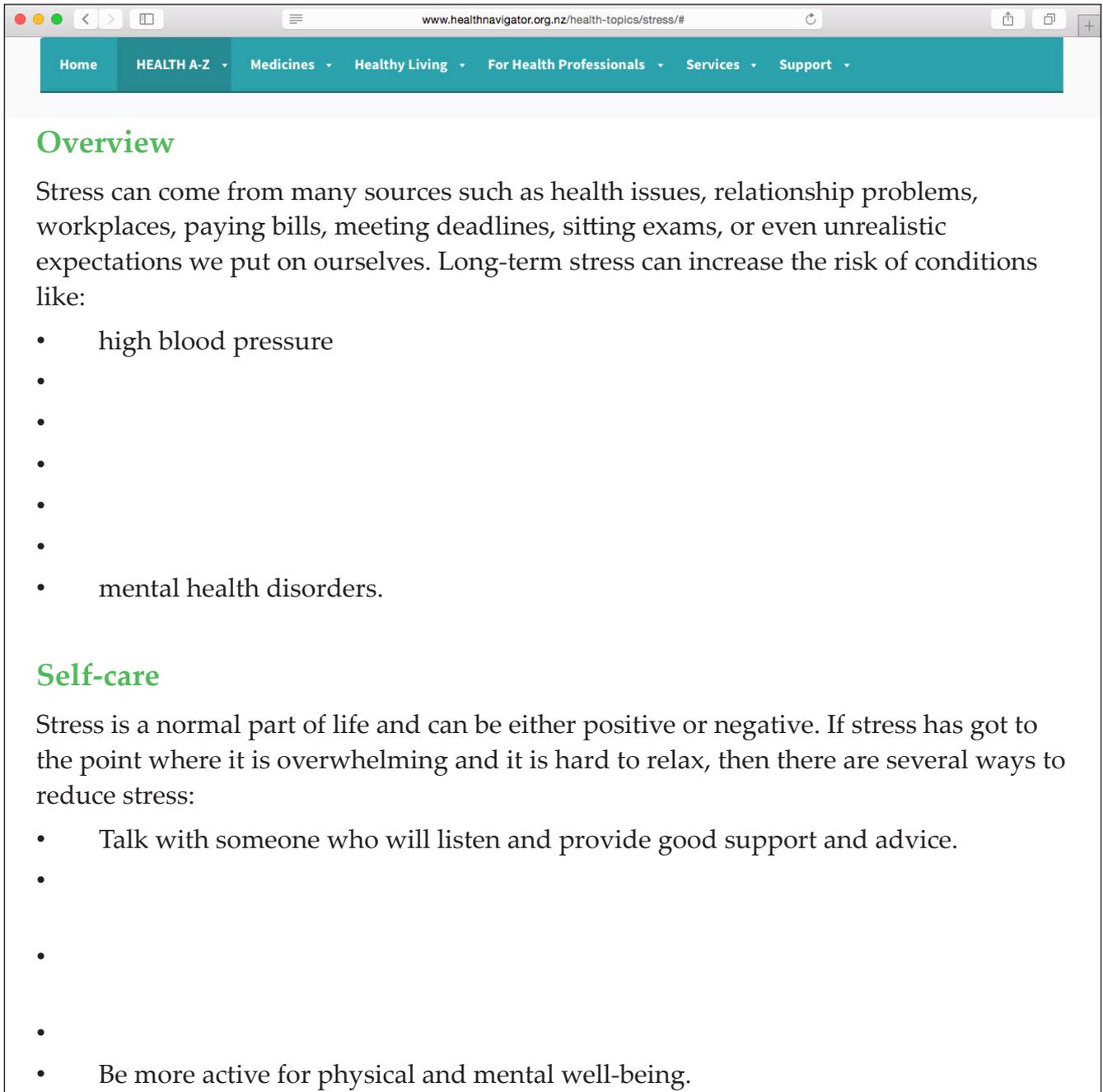
Tirohia tēnei pukapuka hei whakatutuki i ngā tūmahi mō te whakamātautau Hauora 91235M.

Tirohia mēnā e tika ana te raupapatanga o ngā whārangi 2–7 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

*He tapu ēnei rauemi. E kore taea te tuku atu.
Aata tirohia ki ngā kupu kei raro iho i te pouaka nei. /
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Resource A: Stress Management



The screenshot shows a web browser window with the URL www.healthnavigator.org.nz/health-topics/stress/#. The navigation menu includes Home, HEALTH A-Z, Medicines, Healthy Living, For Health Professionals, Services, and Support. The main content area is titled "Overview" and discusses the sources of stress and its risks. It lists several conditions associated with long-term stress, including high blood pressure and mental health disorders. The "Self-care" section provides advice on how to manage stress, such as talking to someone for support and being more active.

Overview

Stress can come from many sources such as health issues, relationship problems, workplaces, paying bills, meeting deadlines, sitting exams, or even unrealistic expectations we put on ourselves. Long-term stress can increase the risk of conditions like:

- high blood pressure
-
-
-
-
-
-
-
-
- mental health disorders.

Self-care

Stress is a normal part of life and can be either positive or negative. If stress has got to the point where it is overwhelming and it is hard to relax, then there are several ways to reduce stress:

- Talk with someone who will listen and provide good support and advice.
-
-
-
-
- Be more active for physical and mental well-being.

Source (adapted): <http://www.healthnavigator.org.nz/health-topics/stress/>

Te Rauemi B: Ka Raru te Taiohi i te Pōharatanga o te Whānau

www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?c_id=15034

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Family poverty damages teens

By Lydia Anderson
9:32 AM Wednesday Aug 21, 2013 1 comment

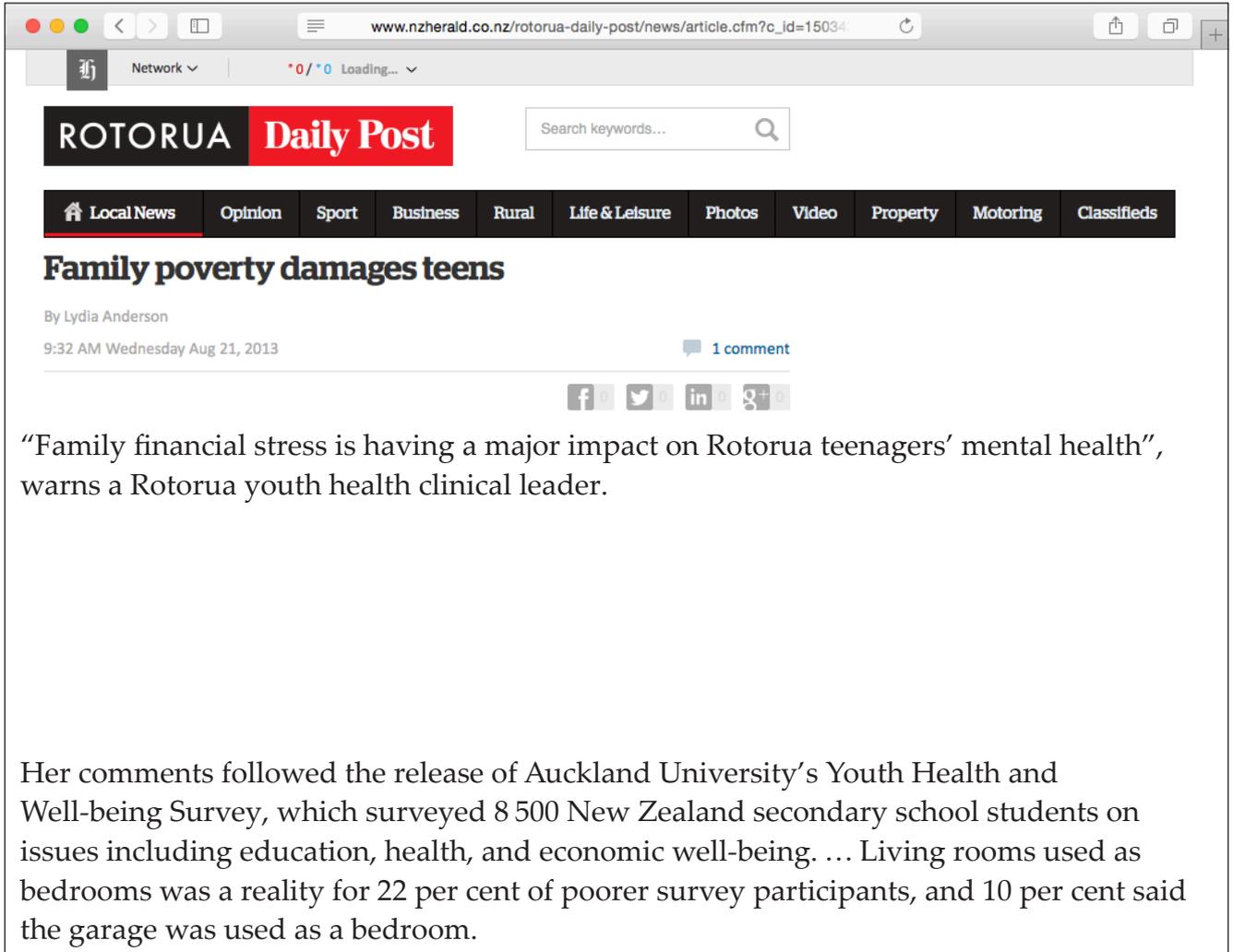
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Ko te whakatūpato a tētahi kaiārahi i tētahi whare haumanu taiohi ki Rotorua, e kī ana, “He nui te pānga o ngā pēhitanga ā-pūtea o te whānau ki te oranga ā-hinengaro o ngā taiohi o Rotorua”.

I hua mai ana kōrero i muri i te putanga o tā Te Whare Wānanga o Tāmakimakaurau Rangahau i te Hauora me te Oranga o te Taiohi, i uiui nei i ngā ākonga e 8 500 o ngā kura tuarua o Aotearoa, e pā ana ki ngā take o te mātauranga, o te hauora, o te oranga ā-ōhanga hoki. ... Ko te rūma noho kua hurihia hei rūma moe te ao o te 22 ōrau o te hunga pōhara ake i uiuitia ai, ā, 10 ōrau e kī ana kei te whakamahia te whare motokā hei rūma moe.

Te mātāpuna (he mea panoni): <http://www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?cid=1503438&objectid=11112045>

Resource B: Family Poverty Damages Teens



The screenshot shows a web browser displaying a news article. The browser's address bar shows the URL: www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?c_id=15034. The page header features the 'ROTORUA Daily Post' logo and a search bar. A navigation menu includes categories like Local News, Opinion, Sport, Business, Rural, Life & Leisure, Photos, Video, Property, Motoring, and Classifieds. The article title is 'Family poverty damages teens', written by Lydia Anderson on Wednesday, August 21, 2013, at 9:32 AM. It has one comment and social media sharing icons for Facebook, Twitter, LinkedIn, and Google+. The main text of the article is as follows:

“Family financial stress is having a major impact on Rotorua teenagers’ mental health”, warns a Rotorua youth health clinical leader.

Her comments followed the release of Auckland University’s Youth Health and Well-being Survey, which surveyed 8 500 New Zealand secondary school students on issues including education, health, and economic well-being. ... Living rooms used as bedrooms was a reality for 22 per cent of poorer survey participants, and 10 per cent said the garage was used as a bedroom.

Source (adapted): http://www.nzherald.co.nz/rotorua-daily-post/news/article.cfm?c_id=1503438&objectid=11112045

Te Rauemi C: He Tokomaha ake ngā Ākonga e Kimi Tohutohu ana

www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c_id=1503343

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More students seeking counselling

By Amy McGillivray, Cassandra Mason
2:30 PM Wednesday Jul 17, 2013

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Nā ngā pēhitanga kei runga i ngā kaiwhiriwhiri i ngā kura, i hua mai ai i ngā ākonga e kimi tohutohu ana, i tahuri ai tētahi kura tuarua o Tauranga ki te tono kaimahi anō, hei tā tōna tumuaki, inā hoki, kua mate te kura ki te tono i tētahi atu kaiwhiriwhiri anō e eke ai ki te nui o ngā kaiwhiriwhiri e nui ake ana te hiahiatia e ngā ākonga: “Autaiā tonu nei te nui o ngā pēhitanga ka utaina ki runga i ēnei tāngata e kaha ana ki te whakatau i ngā kohukitanga o te taiohi”.

E ai ki tētahi tumuaki ki Maunganui, he rite tonu te whakatikahia o ngā take ā-hinengaro e ngā kaiwhiriwhiri, engari ko te wāhanga nui katoa o ā rātou mahi ko ngā raruraru hononga tāngata, ahakoa he hoa, he hoa tāne, he hoa wahine, he whanaunga rānei.

Te mātāpuna (he mea panoni): http://www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c_id=1503343&objectid=11105041

Resource C: More Students Seek Counselling

www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c_id=1503

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More students seeking counselling

By Amy McGillivray, Cassandra Mason
2:30 PM Wednesday Jul 17, 2013

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Pressure on school counsellors from students seeking help has pushed a Tauranga high school to hire extra staff, its principal says, with the school forced to hire an extra counsellor this year to cater for the increasing need from students: “The pressure that’s being put on these people to cope with the stresses of young people is actually quite amazing”.

Mental health issues were dealt with regularly by the counsellors, but relationship problems, be it with friends, a boyfriend / girlfriend, or family, made up the biggest proportion of their work, a Mount Maunganui principal said.

Source (adapted): http://www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c_id=1503343&objectid=11105041

English translation of the wording on the front cover

91235MR

Level 2 Health, 2015
91235 Analyse an adolescent health issue

2.00 p.m. Monday 30 November 2015
Credits: Five

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health 91235.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

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