

91235R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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## Level 2 Health, 2015

### 91235 Analyse an adolescent health issue

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

## RESOURCE BOOKLET

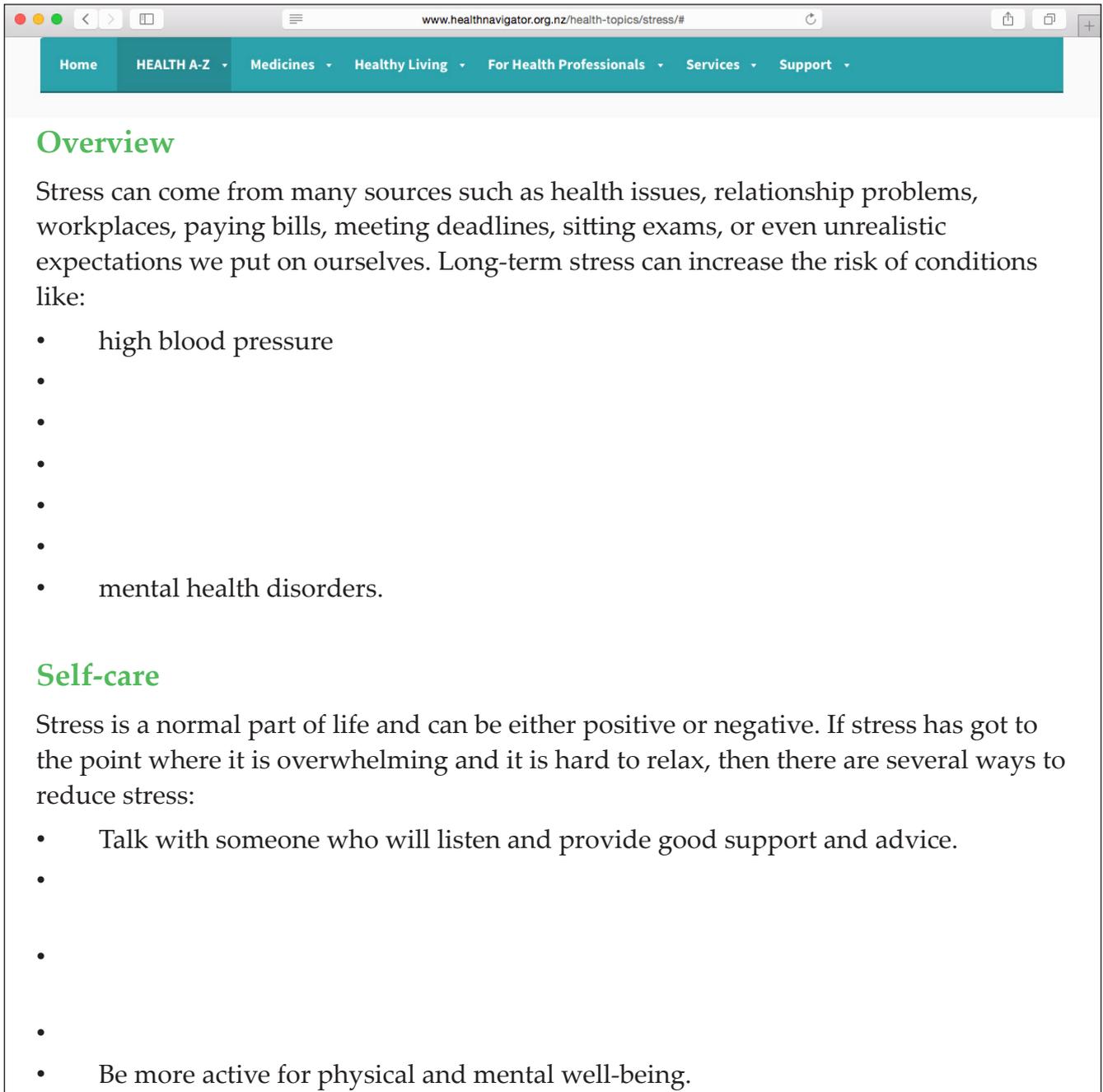
Refer to this booklet to answer the questions for Health 91235.

Check that this booklet has pages 2–4 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: Stress Management



The screenshot shows a web browser window with the URL [www.healthnavigator.org.nz/health-topics/stress/#](http://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:

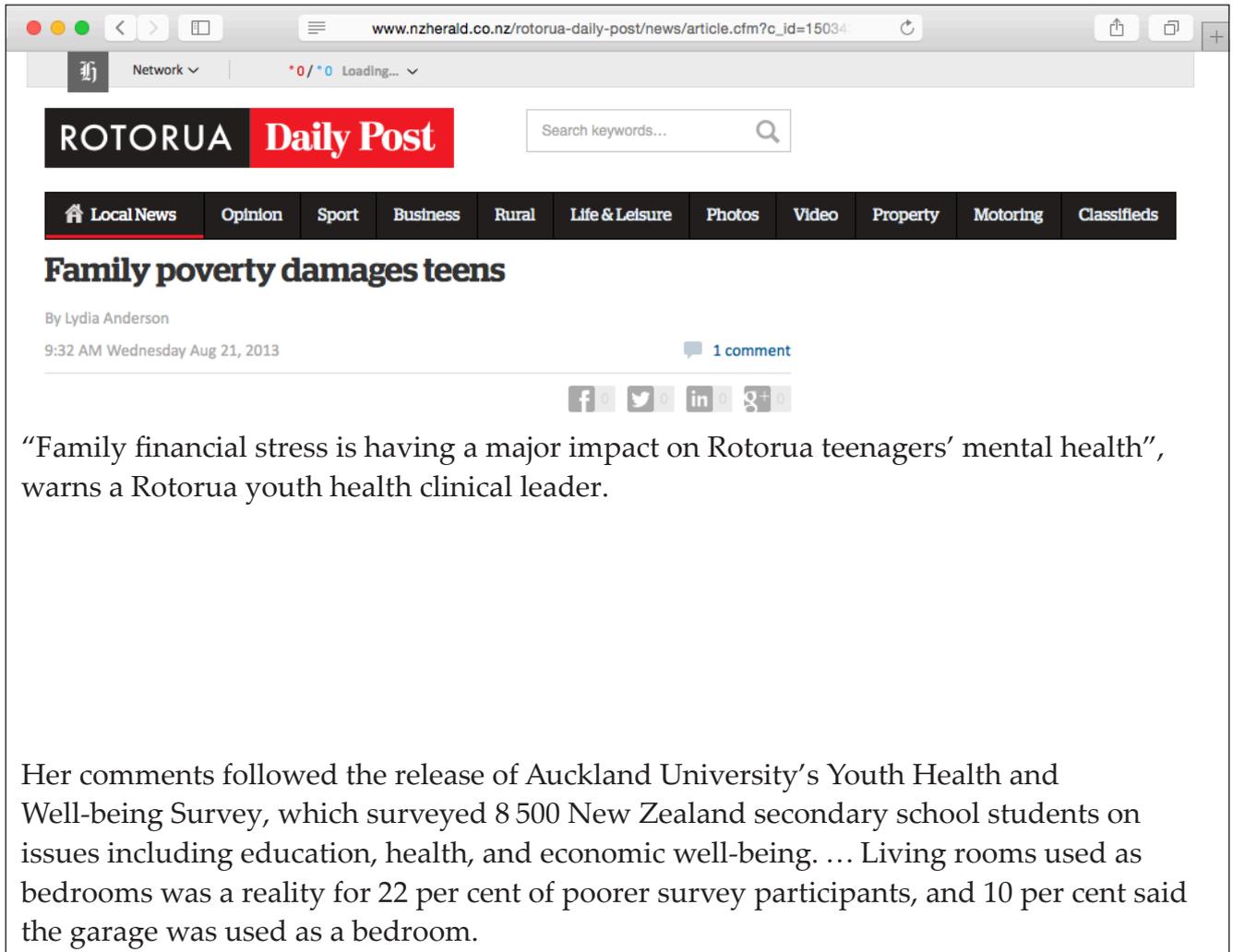
- high blood pressure
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- mental health disorders.

### 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.
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- Be more active for physical and mental well-being.

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

**Resource B: Family Poverty Damages Teens**

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

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

## Resource C: More Students Seek Counselling

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

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# Bay of Plenty Times

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