

91235R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

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

## Level 2 Health, 2018

### 91235 Analyse an adolescent health issue

2.00 p.m. Thursday 22 November 2018

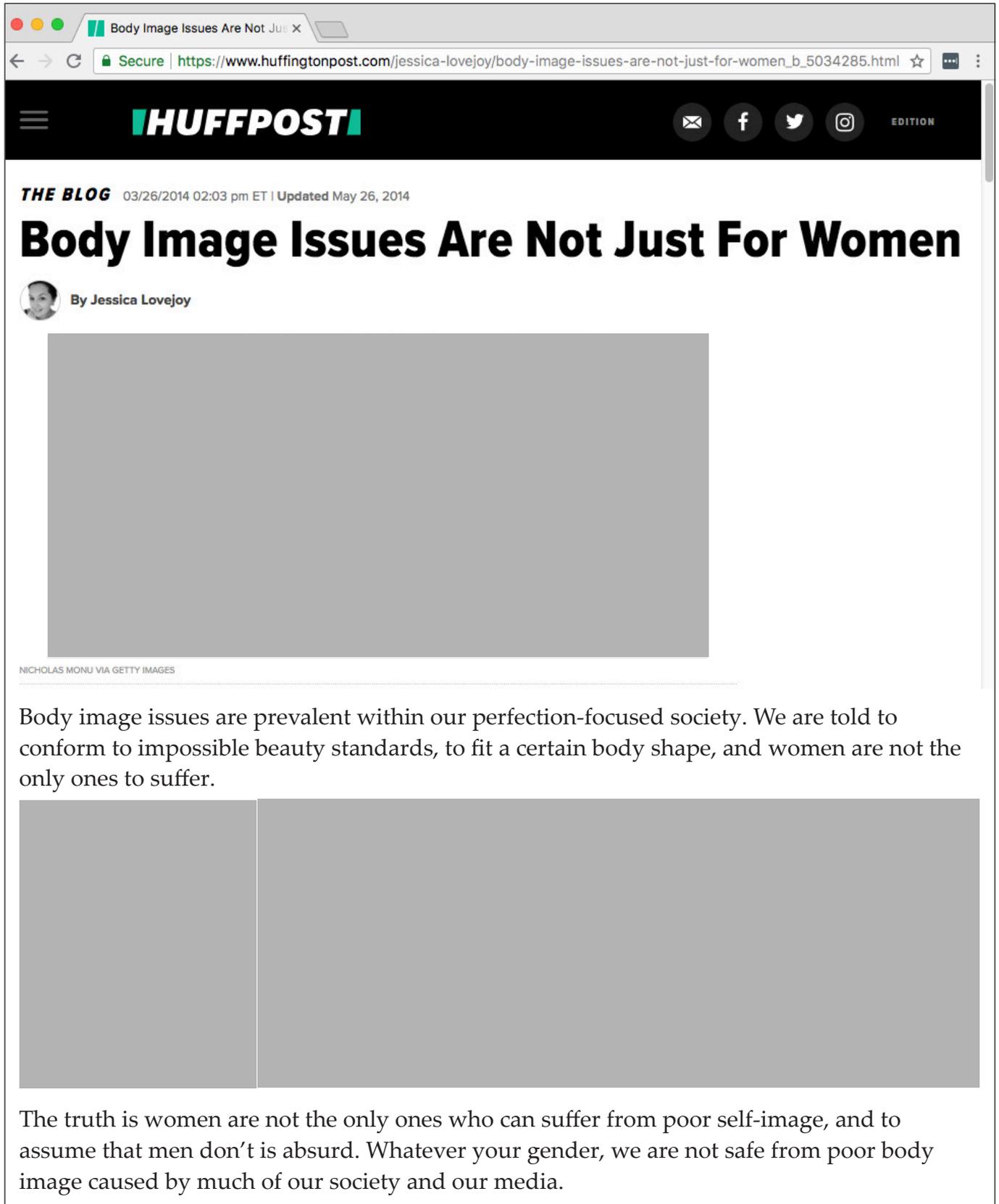
Credits: Five

## RESOURCE BOOKLET

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

Check that this booklet has pages 2 and 3 in the correct order and that neither of these pages is blank.

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

**Resource A: Body Image Issues**

Body Image Issues Are Not Jus x

Secure | [https://www.huffingtonpost.com/jessica-lovejoy/body-image-issues-are-not-just-for-women\\_b\\_5034285.html](https://www.huffingtonpost.com/jessica-lovejoy/body-image-issues-are-not-just-for-women_b_5034285.html)

**HUFFPOST** EDITION

**THE BLOG** 03/26/2014 02:03 pm ET | Updated May 26, 2014

# Body Image Issues Are Not Just For Women

By Jessica Lovejoy

NICHOLAS MONU VIA GETTY IMAGES

Body image issues are prevalent within our perfection-focused society. We are told to conform to impossible beauty standards, to fit a certain body shape, and women are not the only ones to suffer.

The truth is women are not the only ones who can suffer from poor self-image, and to assume that men don't is absurd. Whatever your gender, we are not safe from poor body image caused by much of our society and our media.

## Resource B: Social Media and Young People's Mental Health



Instagram is the worst social network for young people's mental health

KIERAN GAIR  
Last updated 03:21, May 21 2017

Instagram's supposed to help young people connect with each other. It may actually be doing the opposite.

Instagram has been ranked as the worst social networking app when it comes to its impact on young people's mental health, according to a new survey published by the Royal Society for Public Health (RSPH) in the UK. The photo-sharing app, which has over 700 million users worldwide, appeared to be more detrimental to young people's mental health when compared to Snapchat, Facebook, Twitter, and YouTube.

In an effort to counter the negative impacts of heavy social media use, experts listed a series of checks and measures designed to bolster mental health, including:

- pop-ups warning people that they have used social media for a long time
- [REDACTED]
- platforms highlighting when photos have been digitally manipulated – for example, fashion brands, celebrities, and other advertising organisations could sign up to a voluntary code, allowing a small icon to be displayed on digitally altered photos.

### Acknowledgements

Material from the following sources has been adapted for use in this examination (accessed 2 May 2018).

**Resource A:** [https://www.huffingtonpost.com/jessica-lovejoy/body-image-issues-are-not-just-for-women\\_b\\_5034285.html](https://www.huffingtonpost.com/jessica-lovejoy/body-image-issues-are-not-just-for-women_b_5034285.html).

**Resource B:** <http://www.stuff.co.nz/technology/digital-living/92809326/Instagram-is-the-worst-social-network-for-young-peoples-mental-health>.

