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Level 2 Health, 2019

91235 Analyse an adolescent health issue

2.00 p.m. Monday 18 November 2019
Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Analyse an adolescent health issue.	Analyse in depth, an adolescent health issue.	Analyse comprehensively, an adolescent health issue.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

You should attempt ALL parts of the question in this booklet.

Pull out Resource Booklet 91235R from the centre of this booklet.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet has pages 2–11 in the correct order and that none of these pages is blank.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

TOTAL

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INSTRUCTIONS

In this examination, you are required to analyse Betty's scenario involving social media.

Read **Resource Booklet 91235R** before answering the question in this booklet. Refer to the resource material and the information given in the scenario, as well as your own knowledge, to support your analysis when answering (a) to (c).

Space for planning your answers is provided on page 3.

Begin your answers on page 4.

Betty's Scenario

Betty is a Year 12 student at Cloak College. Like most teenagers, Betty's phone is regularly buzzing from social media notifications. A typical phone check for Betty involves swiping the screen several times to open a variety of social networking apps. On the Snapchat app, Betty will watch video messages from her friends, and reply to each one to keep her daily consecutive streak alive. Betty will then check her Instagram for comments on recent photos that she has posted. Rarely will she post without modifying her photos with a filter to make them 'acceptable' for Instagram. Both apps contain 'stories' from celebrities and friends which are a must-see for Betty. Then, she will reply to any direct messages that others have sent her.

Betty regularly falls asleep after midnight while scrolling through Instagram and Facebook pages on her phone. Her need for 'followers', 'likes', and comments from others is causing her relationships in the real world to be judged and questioned. While she is able to ignore some of the negative comments written on her posts, trying to reply to the large number of comments from others is genuinely impacting her stress levels. Betty is feeling inadequate as she worries that her life isn't exciting enough. She soon finds herself trying to present her life on social media in a way that doesn't reflect reality.

Betty has noticed that she is lacking the energy to concentrate in class and has realised that she is unable to get through a complete lesson without getting her phone out. Recently, she received a final warning at her part-time job, due to checking her phone in front of customers.

Betty's parents advised her to turn off her social media notifications, and in a short period of time, she has noticed that this has helped her feel calmer and more connected to the real world. She has also started to notice just how much social media is affecting the mental health of those around her. However, she doesn't know if this is a sustainable strategy. She feels like she may be missing out on the benefits of social media by limiting her screen time.

PLANNING (OPTIONAL)

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Influences that affect Betty's use of social media.		
Personal:	**Interpersonal:**	**Societal:**

Short-term and long-term consequences of social media for Betty, others, and society use in relation to overall well-being.	
Physical:	**Mental / Emotional:**
Spiritual:	**Social:**

Health-enhancing strategies that promote overall well-being to reduce stress associated with social media.		
For self:	**For others:**	**For society:**

Other notes:

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QUESTION

(a) Explain personal, interpersonal and societal influences that affect Betty's use of social media.

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(b) Explain the short-term and long-term consequences of social media use for Betty, others, and society in relation to overall well-being.

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(c) Recommend health-enhancing strategies that reduce the stress associated with using social media, and explain how these strategies can promote overall well-being for Betty, others, and society.

Within your answer, consider the influences and consequences you have explained in parts (a) and (b).

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Extra space if required.
Write the question number(s) if applicable.

QUESTION NUMBER

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