

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 2021

### 91235 Analyse an adolescent health issue

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.**

**RESOURCE A: Diary of a sixteen year old (Vivian)**

**Dear Diary,**

I think about the 2020 lockdown with fondness – I could do my own thing at home, spend time with my family, and do all my schoolwork online and in my own time.

I do not enjoy being back at school. Without friends, I feel lonely and disconnected.

Arriving early to my first class, I sit alone, hoping that nobody chooses the seat next to me. Everyone is talking about their weekend, but I keep my head down and try not to catch anyone's eye. I do the same with the teacher, hoping that he will not ask me a question. When he does ask me a question, I wish the floor would open up and swallow me whole because everyone is waiting for me to respond. I quickly mutter a response.

In every class, I feel anxious and look forward to the end of the day when I can go home. I know what the other students are thinking – What's wrong with her? Why doesn't she have anyone to talk to?

After lunch, I have to deliver a speech to the class. I have been worrying about it for months. What if I make a mistake and everyone laughs at me?

I feel pressured to complete all my schoolwork perfectly now that I am at school. My peers and my teachers are watching me all day to see that I get it done.

Outside of school, I do not have a part-time job like most of the other kids because I am too afraid to apply for one, or to go for an interview. I spend most nights at home reading or doing homework.

I am too embarrassed to talk to anyone about how I feel. I worry they will think I am making a mountain out of a molehill.

I should be able to do these things, right? It's just a character flaw that I have such trouble with social situations. If I try really hard, I should be able to become more outgoing and be able to cope.

My music teacher once tried to talk to me about my anxiety. She could see that I was anxious and asked me what was wrong. I brushed it off because I was embarrassed about how I feel.

Whilst I am anxious, I am hopeful that things will get easier when I finish high school.

## RESOURCE B: What is anxiety?

Everyone has feelings of anxiety at some point in their life, whether it's a job interview, meeting a partner's whānau for the first time, or if you're about to have a baby (pēpi).

- a constant need to check things are right or clean
- persistent worrying ideas that seem 'silly or crazy' (pōrangī).

Source (adapted): <https://depression.org.nz/is-it-depression-anxiety/anxiety/>

**RESOURCE C: Health Promotion Agency**



Our goal is for New Zealanders to experience positive mental health and well-being.



Source: [hpa.org.nz](http://hpa.org.nz)

**RESOURCE D: 'Like Minds, Like Mine' National programme.**

One in every five New Zealanders will experience mental illness this year. That's a lot of Kiwis – it could be you, your family, workmates, or friends. What can you do? We can all help to end discrimination toward people who experience mental illness and distress.



Source (adapted): [likeminds.org.nz](http://likeminds.org.nz)