Tirohia te uhi o muri e kitea ai te whakapākehātanga o tēnei uhi



### 91235MR



**Mana Tohu Mātauranga o Aotearoa** New Zealand Qualifications Authority

# Te Hauora, Kaupae 2, 2024

## 91235MR Te tātari i tētahi take hauora e pā ana ki te taiohi

Ngā whiwhinga: E rima

**TE PUKAPUKA RAUEMI** 

Kōrerotia tēnei pukapuka hei whakaoti i te tūmahi mō Te Hauora 91235MR.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–13 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI I TĒNEI PUKAPUKA HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.

### **TE TŪĀHUA**

He tau 12 a Ari i te kura tuarua o tana hapori. Ka noho ia i te kāinga i te taha o tana whānau, o tana māmā, o tana pāpā, o ngā hāmua-hāmuri<sup>1</sup> tokowhā, o ngā tīpuna hoki o Ari. Ki ō Ari whakaaro, he 'ngahau' tana tamarikitanga, e tānekaha nei te taura here o te katoa, me tā rātou tautoko i a rātou anō. Ahakoa he wā ukiuki te mahi a ōna mātua, e uaua ana te whakaea i ngā nama o te noho. Ka mahi a Ari i muri i te kura me ngā wīkēne, ā, ka rite tonu te pau o āna moni ki te tautoko i ōna mātua ki te utu i ngā nama o te whānau. Ina tonoa ia ki te mahi i tētahi rangi kura, ka haere ia ki te mahi tē haere kē ai ki te kura.

I muri i te mahi, ka whakapau a Ari i tōna kaha ki te whakatutuki haere i āna mahi kura me āna taumahi. Ka whai pānga tēnei ki te āhua o tana moe, he wā ōna kāore ia e tau ki tana moenga i mua i te 1 i te pō. He waea pūkoro tā Ari, engari ka āwangawanga ia ki te nama o ia marama, ā, e rite tonu ana te pāngia ōna e ngā aupēhinga ka pā ki te taiohi i ngā pāhopori.

<sup>1</sup>hāmua-hāmuri ngā tamariki pakeke ake me ngā tamariki rangatahi iho i te tamaiti o tētahi whānau He tangata hihiri a Ari i te hapori o te kura. Ka tākaro ia i te XI tuatahi o te tīma hōkī, kei roto ia i te kapa haka, kua tono hoki ia kia uru ki te tira hautū o ngā ākonga mō te tau e tū mai nei. Kua ākina ia e ōna kaiako kia tono, ā, e rite tonu ana tā rātou kī atu ki a ia he 'ihopūmanawa' ia ki ōna hoa e rangatahi ake ana i a ia. E whai ana a Ari kia whakawhiwhia ki te Urunga Whare Wānanga, ka mutu, ina pērā, ko ia te tuatahi o tana whānau ki te pērā, ā, ka whakahīhī katoa ōna mātua i tērā.

He pūkenga ō Ari ki te whakatau i te hunga e karapoti ana i a ia, ānō nei e pai ana ngā mea katoa. Engari ā-roto nei, kāore i te pērā. E rite tonu ana tā Ari rongo i te taratahi, i te māharahara, i te āwangawanga, i te ngenge hoki. Ka māharahara ia ki te āhua o tana whakatutuki i āna taumahi kura, o tana tautoko tonu i tōna whānau, o tana eke hoki ki ngā taumata e whakaarotia ana e te katoa.

E taumaha ana te ao o Ari.

#### **SCENARIO**

Ari is in year 12 at his local high school. He lives at home with his whānau, which consists of his mum, dad, four siblings, and Ari's grandparents. He considers his childhood to be 'fun', with everyone having a close relationship and supporting each other. Although both of his parents work full-time, meeting the cost of living is difficult. Ari works after school and in the weekends, and his money often goes towards supporting his parents to cover the family's bills. If he gets offered a work shift on a school day, he will take it instead of going to school.

After work, Ari spends time catching up on schoolwork and completing assignments. This impacts his sleep patterns, as sometimes he doesn't manage to get to bed until after 1 a.m. Ari has a mobile phone, but worries about his monthly bill payments and is also exposed to the constant pressures that teenagers face in relation to social media. Ari is an active member of the school community. He plays in the first XI hockey team, is in the kapa haka group, and has also put in an application for the student leadership team for next year. His teachers have encouraged him to apply, and keep telling him he is a 'great role model' for his younger peers. Ari aspires to achieve University Entrance and will be the first member of his family to do so, something that would make his parents extremely proud.

Ari is very good at making those around him feel like he has everything sorted. But deep down, this is not the case. Ari often feels isolated, worried, anxious, and tired. He worries about how he is going to complete his school assignments, how he will continue to support his family, and how he will live up to everyone's expectations.

Life is a lot for Ari.

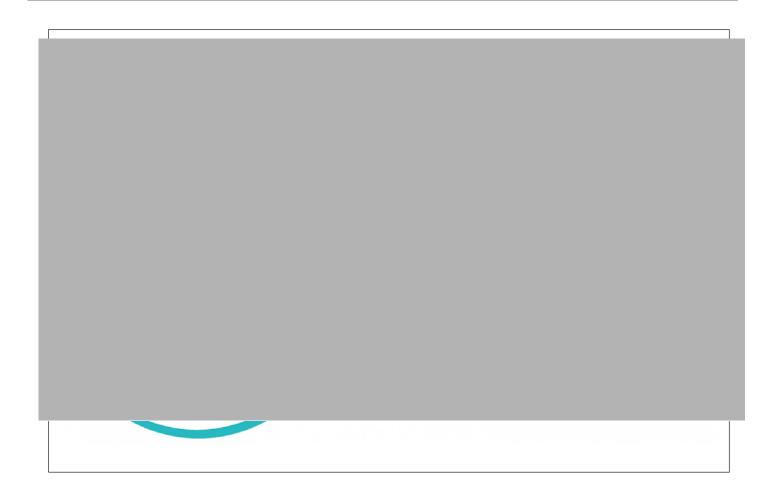
TE RAUEMIA: Ngā tohu me ngā tohumate o te āwangawanga

He aha rā te āwangawanga?



## **RESOURCE A:** Anxiety signs and symptoms

# What is anxiety?



#### TE RAUEMI B: Te tiaki i a koe anō



### Me aha au hei whakatau i aku āwangawanga?

Inā ke te nui o ngā ara hei whakatau i ō āwangawanga kia kore ai tērā āhua e whakapōrearea i ngā āhuatanga o ia rā i tōu ao.

#### Te tiaki i a koe anō

Ka tīmata mai te whakatau i ngā āwangawanga ki te pai o tō tiaki a koe anō. Me ngana kia tika te kai, kia rawaka te moe, kia kaha hoki te korikori hei hāpai i te hauora me te oranga o tō hinengaro. Ka tautoko hoki tō tiaki i te oranga o tō taha wairua me tō taha ahurea i tō manawaroa. Mā te whakarite pea i tētahi puka whakamahere i tō tiaki i a koe anō, i tētahi hautaka rānei koe e tautoko ki te whakapiki i te āhua o tō tiaki i a koe anō.

#### Kōrerotia

Mēnā kei te rongo koe i te āwangawanga e pā nei ki tō oranga, ka whai hua te kōrero mō ō kare ā-roto – ki tō whānau pea, ki ō hoa pea, ki tētahi kaiako pea, ki tētahi kaiako hākinakina pea, ki tētahi kaihautū pea i te hāhi, ki tētahi kaumātua rānei. Mā te kōrero ki ētahi atu tāngata koe e āwhina kia mārama ki te āhua o ō kare ā-roto, ki te ū ki ō whāinga o te tiaki i a koe anō, ki te tono āwhina hoki mēnā e pīrangitia ana.

#### Arohia ngā tauira o ō whakaaro

Ko te noho mārama ki ngā whakaaro e whakaaweawe ana i ō āwangawanga tētahi pae whakahirahira e taea ai te whakatau taua āwangawanga. Ka rongo ana te tangata i te āwangawanga, ka tau ki roto i a ia ētahi tauira whakaaro kāore nei i te paku āwhina, mā reira e kino ake ai te āwangawanga.







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#### **RESOURCE B: Taking care of yourself**



### What can I do to cope with anxiety?

There are plenty of ways to manage your anxiety so that it doesn't get in the way of your daily life.

#### Take care of yourself

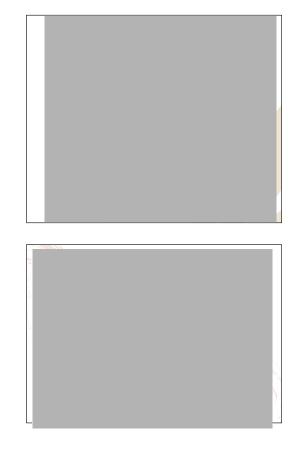
Managing anxiety starts with good self-care. Try to eat well, get enough sleep, and stay active to help your mental health and well-being. Looking after your spiritual and cultural well-being will also support your resilience. Creating a self-care planner / diary can support you to improve your self-care.

#### Talk about it

If you are experiencing anxiety that is affecting your well-being, then it's a good idea to talk about how you're feeling – whether it's with your family, friends, a teacher, coach, church leader, or elder. Talking with others can help you understand what's going on, stick to your self-care goals, and get extra help if needed.

#### Note your thinking patterns

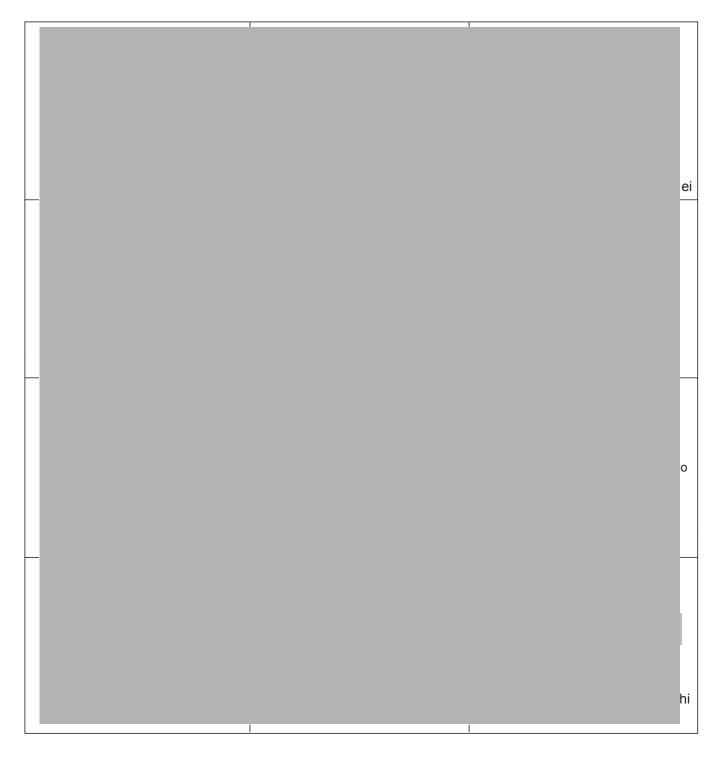
Being aware of what thoughts are influencing your anxiety is an important step towards managing it. When people experience anxiety, they can get into unhelpful thinking patterns, which can make the anxiety worse.





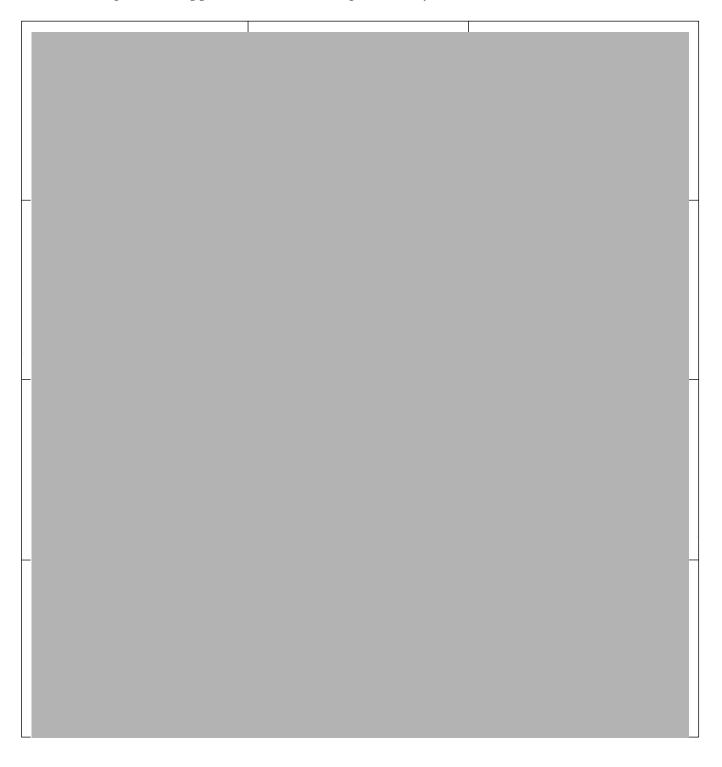
### TE RAUEMI C: Ngā rauemi tautoko kei te ipurangi

E whai ake nei ētahi rauemi tautoko kei te ipurangi kua kohia e mentalwealth.co.nz



### **RESOURCE C: Online support tools**

The following online support tools have been gathered by mentalwealth.co.nz



## TE RAUEMI D: Ka whakapiki ngā rauemi matihiko hou i ngā ara tautoko i te oranga

Hauora.

## RESOURCE D: New digital tools ramp up mental well-being support



#### He mihi

He mea whakahāngai ngā rauemi i ngā mātāpuna e whai ake nei hei whakamahinga i tēnei aromatawai:

<b>Te Rauemi A</b> Te whakaahua: Te tuhinga:	https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-disorders
<b>Te Rauemi B</b> Ngā whakaahua:	https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf https://stock.adobe.com/469837367 https://stock.adobe.com/419654656 https://stock.adobe.com/492019278
<b>Te Rauemi C</b> Te whakaahua:	https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf
<b>Te Rauemi D</b> Te whakaahua: Te tuhinga:	https://insidegovernment.co.nz/mental-health-apps-at-front-of-mind/ https://www.beehive.govt.nz/release/new-digital-tools-ramp-mental-wellbeing-support

#### Acknowledgements Material from the following sources has been adapted for use in this assessment: **Resource A** Image: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf Text: https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-disorders **Resource B** Images: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf https://stock.adobe.com/469837367 https://stock.adobe.com/419654656 https://stock.adobe.com/492019278 **Resource C** Image: https://www.mentalwealth.nz/wp-content/uploads/2020/04/LeVa-Anxiety-factsheet.pdf **Resource D** Image: https://insidegovernment.co.nz/mental-health-apps-at-front-of-mind/ https://www.beehive.govt.nz/release/new-digital-tools-ramp-mental-wellbeing-support Text:

English translation of the wording on the front cover

# Level 2 Health 2024

## 91235MR Analyse an adolescent health issue

Credits: Five

# **RESOURCE BOOKLET**

Refer to this booklet to answer the question for Health 91235MR.

Check that this booklet has pages 2–13 in the correct order and that none of these pages is blank.

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