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92010R

Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies 2026

92010 Demonstrate understanding of factors that influence hauora

Credits: Five

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health Studies 92010.

Check that this booklet has pages 2–3 in the correct order and that none of these pages is blank.

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SCENARIO



Leo is a Year 11 student at a co-ed secondary school, where he plays basketball and hockey, and is known for his cheeky character and sense of humour. He spends his weekends playing sports, hanging out with his close group of mates, and gaming.

Over the past few weeks, Leo has felt like things have changed in his peer group. Last weekend, he received no notifications on the group chat about meeting up, but he saw on social media that they were hanging out at the beach and went out late on Saturday night for burgers and chips. They were making inside jokes that he didn't understand. There was still nothing in the group chat, yet they were all getting together without him. This felt deliberate.

At school on Monday, Leo walked to where the group always sat during breaks, but as he got closer, he noticed them stop talking. He asked if he could sit with them, but nobody replied. As he walked away, he heard laughter and noise from his friends in the distance. His stomach was in knots and he couldn't concentrate in class, the interaction replaying over and over in his head. A part of him wanted to believe it was just a mistake, but deep down he knew it wasn't.

That night, Leo couldn't eat dinner; he just sat on his bed scrolling through social media. In the days that followed, he tried to avoid the group, but he had to see some of them at his basketball and hockey practices. He tried to pretend he didn't really care.

Teachers noticed a change in Leo – he sat alone, he didn't contribute to class discussions any more, and his grades had started slipping. Leo had always chatted to his teachers and offered help if they needed it, but now he had his head down and his shoulders sagged.

The ongoing exclusion has begun to affect more than just Leo's mood – it is starting to shift how he sees himself and his interactions with others. Once outgoing and confident, Leo now struggles to trust those around him, unsure if others are also talking behind his back or planning things without him. He has stopped replying to messages from other classmates who aren't part of his main group, missing chances to form new friendships. The isolation has made Leo reluctant to participate in group activities or school events, fearing rejection. He now misses meals more often as he prefers to be alone, and he has started to rely more on convenience foods as he lacks the energy to think about food.

In class, even when Leo knows the answer, he stays quiet, afraid of being judged or laughed at. His motivation to succeed is fading, and the subjects he used to enjoy feel meaningless. Leo's world, once filled with laughter and connection, now feels uncertain and lonely.

Acknowledgements
Material from the following source has been adapted for use in this assessment:

https://www.icanotes.com/2024/12/06/effects-of-cyberbullying-on-childrens-mental-health/