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2

91235



912350



NEW ZEALAND QUALIFICATIONS AUTHORITY  
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## Level 2 Health, 2016

### 91235 Analyse an adolescent health issue

2.00 p.m. Monday 28 November 2016  
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 2–8 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.**

Low  
Merit

TOTAL

5

ASSESSOR'S USE ONLY

## INSTRUCTIONS

In this examination, you are required to analyse the adolescent health issue of **drug use**.

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).

## QUESTION

### Felix's Scenario

Felix is in Year 12 at a large co-educational high school in a big city. He lives at home with his parents. His older brother Jacob has recently moved out of home.

Felix is keen to stay at school next year, but his NCEA grades are not great. He is planning on finishing Year 13 and then doing a pre-trade course to get a building apprenticeship.

Most weekends, Felix parties with his friends at someone's house, and admits himself that he is a binge drinker, usually consuming large amounts of beer.

Felix and some of his friends are attending his brother's 21st birthday party next weekend, and want to try some legal highs. Felix decides to purchase some synthetic cannabis at the corner dairy that sells it 'under the counter'. The store displays a sign saying that it does not sell synthetic drugs, although lots of students at Felix's school know otherwise. Felix has no trouble buying the drugs from the dairy to take to the party.

At the party, the group of friends have a few beers each, and then decide to head outside to try the synthetic cannabis. They pass around the cannabis joints and inhale the smoke. Felix begins to feel dizzy after a few puffs, then he collapses, and someone calls an ambulance.

- (a) Explain how **personal**, **interpersonal**, and **societal influences** could encourage Felix to try synthetic cannabis.

A negative influence for Felix to try synthetic cannabis would be the significant and overwhelming feelings of stress that he would feel as a result of the pressures he faces to perform well in school academically. In consequence of feeling as though he is incapable of performing as well as he would like in school, the urge to relieve such negative feelings would be ignited within Felix as he would perceive its effects as beneficial in ~~and~~ temporarily subsiding his feelings. Despite the fact that //

the effects of synthetic cannabis are ones that may cause ~~problems~~ <sup>mental/emotional</sup> towards his well being. Felix's desire to overcome his feelings of inadequacy may be regarded as more important than the potentially harmful physical and mental effects the drug could have on him. To Felix, his naivety would encourage him to believe that only positive effects would result from using the drug as it would allow him to experience a high that would allow him a more enjoyable night with friends. This is an important factor in contributing to Felix's decision to try synthetic cannabis. Not only would Felix's urge to use synthetic cannabis stem from his own psychological need to relieve his stressful feelings, but an interpersonal influence that he would believe to be a positive one would be the encouragement and peer pressure of friends surrounding him to enhance their experiences with drugs. If Felix was at all hesitant about using synthetic cannabis, it is very likely that those he intended to attend the party with would encourage him to try synthetic cannabis as "Cannabis was the third most popular recreational drug in New Zealand after alcohol and tobacco in 2013", according to an article ~~in~~ on the Dominion Post. Such a popularity of the drug for functions and gatherings like parties would significantly increase the likelihood of ~~for~~ adolescents such as Felix to be encouraged by their friends to use the drug. As such, this would be an extremely important factor influencing Felix to use synthetic cannabis as his desire to improve his social well being would be fulfilled by granting him an enjoyable ~~of~~

- (b) Explain the **short-term** and **long-term consequences** of using synthetic cannabis on the well-being of Felix, his friends, and the community.

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A <sup>negative</sup> short term personal consequence of utilising synthetic cannabis ~~on~~ for Felix is the fact that ~~as~~ a result of consuming the drug, he, in addition to feeling dizzy and collapsing, may experience the adverse effects of the drug which include "abdominal pain, nausea, vomiting, seizures and psychosis" <sup>as shown in resource A</sup>. These effects are ones which would cause Felix ~~to~~ harm to his physical well being as his body's health would be compromised with excessive vomiting and seizures, ~~so~~ effects which have undoubtedly been experienced by the "69% of New Zealand 14-18 year olds [that] have tried cannabis", as stated on the Ministry of Health website. Such effects would result in the long term personal consequences for Felix of potentially developing <sup>schizophrenia</sup> ~~mania~~ that would plague him for the rest of his life <sup>in</sup> ~~with~~ adulthood, and cause severe mental/emotional effects for his psychological state with continued use of the drug. A short-term interpersonal consequence for Felix's friends, <sup>from Felix's use of the drug</sup> would be potential isolation from him as his health effects could result <sup>and possibly each other,</sup> in their lack of desire to spend time with him, in fear that ~~he would~~ the effects of the drug that occurred to Felix would happen to them, or that Felix would attempt to discourage his friends from using the drug in light of what he experienced. Such an consequence would lead to //

the longterm consequence on ~~this~~ Felix and his friends as prolonged use of the drug could create a divide in their relationships with each other and ultimately result in negative effects to their social well beings with a loss of friends to confide in and share important times with. This may be a result of the physical effects of the drug that, with continuous usage on their behalves, could cause addiction and lead to issues that would initiate dangerous ~~beha~~ and unpleasant behaviour due to their dependency on the drug. Such effects could have severe results towards their relationships with their families as their addiction to the drug could cause them to place importance on synthetic cannabis over the people they love and care about. ~~For~~ This is extremely catastrophic to their lives as a ~~survey~~ health inquiry on health.govt.nz revealed that "In 2013, 11% of adults aged 15 and over reported using cannabis in the last 12 months", ~~which~~ many of which may not have known whether they were consuming synthetic cannabis or ~~real~~ pure cannabis. Such information indicates ~~shows~~ that the usage of such a drug by many people, especially adolescents, would affect ~~their~~ performances in school and relationships with others. Finally, a negative short term consequence on the community would be the increased harmful ~~negative~~ number of victims affected by the effects of synthetic cannabis on their physical and emotional well being as many would face ~~addiction~~ and significant the effects such as "vomiting, hallucinations, and blackouts, especially when mixed

- (c) Explain **health-enhancing strategies** that Felix, his friends, and the community could action to address the influences you have explained in (a), and the consequences you have explained in (b), around the use of synthetic cannabis.

A ~~positive~~ <sup>Personal</sup> health enhancing strategy that Felix could implement to improve his own well being would be to make the personal decision to refrain from using harmful and illegal substances such as synthetic cannabis, especially in combination with other drugs like alcohol, so as to allow his physical well being to be preserved, and prevent the possibility of addiction from occurring. This would motivate Felix to remain focussed on his education as opposed to being distracted by the temptations of using drugs to ~~also~~ assist him in having a good time. Furthermore, it would allow Felix to more effectively pursue his aspirations of attaining a building apprenticeship when he completes Year 13 as his goals would be fulfilled and he would not ~~have~~ allowed himself to lose track of where he wants to be in the future. Perhaps by planning his days after school to form a guideline of his objectives, Felix would allow himself the ability to achieve his aspirations ~~and~~ ~~and~~ without being distracted and be able to make himself proud through the adherence of his spiritual values of determination and perseverance to do well. An interpersonal health enhancing strategy that Felix's <sup>friends</sup> could incorporate into their lives could be their actions to associate themselves with people who are more beneficial in their thinking and //

lifestyles, and do not partake in the use of harmful and illegal substances. In doing so, they could create healthy relationships with people who value their health and those around them so as to prevent the deterioration of their relationships and form healthy bonds rather than facing harmful addictions and psychological mindsets. This correlates well with the "International research <sup>everyday</sup> [that] has indicated five simple changes in our lifestyles that can boost our mood and sense of well being, and in New Zealand, each of these is associated with a higher level of well being: connect, give, take notice, keep learning, and be active", as stated on [mentalhealth.org.nz](http://mentalhealth.org.nz).

~~This way~~ Making these changes would allow the people to form beneficial relationships with those they care about and prevent harmful results from occurring between them as they would gain a deeper value of life, rather than wasting it on abusing synthetic cannabis. Finally, a societal health enhancing strategy the community could take would be to take further action to prevent the sales of drugs like synthetic cannabis under the table by ensuring "today's focus on enforcement and prevention", as is being taken by the Ministry of Health, and shown in Resource B. This would make it more difficult for adolescents to obtain drugs like synthetic cannabis and would prevent the effects to their physical and mental health as it would be more inaccessible to them, ultimately reducing the fact that

"1/3 of <sup>NZ</sup> males, and 1/4 of NZ females 15-17 years old ~~have~~ are reported to have tried cannabis at some time", and allowing them to perform better in school to create a more educated generation of students.

Extra space if required.

Write the question part(s) if applicable.

ASSESSOR'S  
USE ONLYQUESTION  
PART

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a) night with friends. Finally, a negative societal influence for Felix to try synthetic cannabis would be the fact that public places such as the corner dairy offer illegal and significantly dangerous substances to young people that are unaware of what exactly it is that they are consuming. For Felix, the fact that the corner dairy near him makes the drug so easily accessible to him means that his spiritual well being is challenged by coercing him to disregard what is right for him, and ultimately compromise his physical health with the consumption of harmful chemicals. As the idea of having a good time at a party is so appealing to Felix, he makes the choice to go against his morals and allow himself to succumb to the temptations presented to him on behalf of public places like dairies that <sup>secretly</sup> contain illegal drugs.

b) with alcohol", as stated in resource C, creating a national epidemic of addicted and psychologically harmed individuals as a long term consequence in society. However, a <sup>positive</sup> long term consequence of this unfortunate situation would be the decision of governmental authorities to make a change within society and create laws that are more strict in banning the use/creation of synthetic cannabis and other dangerous drugs. This could allow a national <sup>improvement</sup> of spiritual well being by enforcing the positive change and forcing people to develop ~~respect~~ a society that regards their health and the safety of the people over moments of enjoyment.

| Low Merit exemplar for Health 91235 2016 |  | Total score | M5 |
|--|--|-------------|----|
| Q  | Annotation   |             |    |
| (a),<br>(b),<br>and<br>(c)               | The candidate clearly explains a range of influences including personal, interpersonal, and societal in part (a). The consequences of synthetic cannabis use are well explained. The candidate uses their own research to support their writing, as well as using the resources and scenario provided. The strategies are complete, but a link back to consequences or influences would have ensured a higher grade. |             |    |

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High  
Merit

TOTAL

6

ASSESSOR'S USE ONLY

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## QUESTION

### Felix's Scenario

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Felix is keen to stay at school next year, but his NCEA grades are not great. He is planning on finishing Year 13 and then doing a pre-trade course to get a building apprenticeship.

Most weekends, Felix parties with his friends at someone's house, and admits himself that he is a binge drinker, usually consuming large amounts of beer.

Felix and some of his friends are attending his brother's 21st birthday party next weekend, and want to try some legal highs. Felix decides to purchase some synthetic cannabis at the corner dairy that sells it 'under the counter'. The store displays a sign saying that it does not sell synthetic drugs, although lots of students at Felix's school know otherwise. Felix has no trouble buying the drugs from the dairy to take to the party.

At the party, the group of friends have a few beers each, and then decide to head outside to try the synthetic cannabis. They pass around the cannabis joints and inhale the smoke. Felix begins to feel dizzy after a few puffs, then he collapses, and someone calls an ambulance.

- (a) Explain how **personal**, **interpersonal**, and **societal influences** could encourage Felix to try synthetic cannabis.

There are many personal, interpersonal and societal influences that could push Felix to try synthetic cannabis. A personal influence may be low self-esteem or a lack of coping skills. Felix may be stressed or have low self-esteem due to the fact his NCEA grades are poor. He may feel as though he is 'dumb' or 'inferior' - pushing him to try the drug to feel better, as a form of self-medication. Teens turn to marijuana to self-

-medicate, to make themselves feel better. They smoke weed to escape." -verywell.com. This is dangerous, as teens such as Felix will turn to cannabis, or synthetic cannabis to self-medicate as an alternative to seeking qualified help. This self-medication can quickly lead to dependence and addiction, and possibly on to more drugs such as heroin or meth, as marijuana is often called a 'gateway drug'. Another influence <sup>could</sup> be lack of education about the negative impacts of synthetic cannabis. An interpersonal influence which may <sup>have</sup> encouraged Felix to try synthetic cannabis was peer pressure. Often in social situations such as parties - Felix's brothers 21<sup>st</sup>- teens will smoke cannabis to fit in or look 'cool'. Felix and his friends had already experienced binge drinking, and Felix's friends may have pushed Felix to try synthetic cannabis - a substance possibly the next 'step-up' in their eyes. Research shows that when making a decision, teens think about the risks and rewards of their actions, but unlike adults, teens tend to ignore the risks in favour of the reward. Just knowing friends are watching activated brain regions linked to reward - Teens.drugabuse.gov. In this case the risk is synthetic cannabis and the reward is social acceptance. Teens are 39 times more likely to smoke marijuana if their friends smoke it too. (NZ Herald). Peer pressure from his friends may have encouraged Felix to try synthetic cannabis in order to be seen as 'cool'; possibly sacrificing his own morals and values to try it. This shows a lack of resilience, as Felix did not have the strength to say no to his peers or use his better judgement.

Extra Paper

P-D, M/E, S+ve S-1  
I- S+ve

4

- (b) Explain the short-term and long-term consequences of using synthetic cannabis on the well-being of Felix, his friends, and the community.

ASSESSOR'S  
USE ONLY

A short term personal consequence of using synthetic cannabis may be rapid heart rate, hypertension, abdominal pain and/or rapid breathing. These physical consequences often occur immediately as a side effect of the drug, but in the long term may become more threatening, developing into heart disease or respiratory problems, if one continues heavy use for an extended period of time. Other short term consequences may include hallucinations or severe anxiety/paranoia, which in the long term may lead to mental diseases, such as depression, anxiety or schizophrenia. If Felix were ~~one day~~ religious, he may have sacrificed his religious beliefs to smoke synthetic cannabis. This in the long term may lead to a loss of personal identity or feeling as though life lacks purpose. This too can tie into depression. Another consequence is short-term memory loss. The chemicals in synthetic cannabis, which mimic the main ingredient of marijuana, THC, may also impair almost all memory, also making it harder to form memories while under the influence of the drug. In the long term this can lead to a problem with brain development. The brain does not fully mature until you are 25. The chemicals in synthetic cannabis will disrupt the brain's development. "If you mess with the brain chemicals, you are changing the pruning and growing of your brain that takes place." - Andrew Stone. A study of 1000 individuals found that those who used cannabis once or more a week experienced an 8 IQ point decline from

when they were measured at 13, then again at 38. (Andrew Stone)  
This shows the negative consequences Cannabis use has on the mind & body both short & long term, and Synthetic cannabis most likely will result in similar effects, if not worse, due to the added chemicals.

A short-term inter-personal consequence would be falling out with friends or family who express disapproval of the drug. Felix's other friends or his parents may dislike the fact he smoked Synthetic cannabis while at a party. This may cause arguments between Felix & those close to him, causing relationships to break down. In the long-term this may lead to isolation or anti-social behaviour, if Felix continues to ignore his friends & family and use the drug. If the relationship between Felix and his parents (if they disapprove of the drug use) gets continually worse & more frequent he may be forced to move out of home, forcing him to find a new home environment while still at a young age. Marijuana users experienced downward social mobility and financial troubles such as debt - Daniel Bates. This is a negative consequence, as if Felix continues his drug use & loses the values he once shared with friends and family both Felix & his peers will experience negative emotion due to losing a close relationship.

A short-term societal consequence would be increased rates of crime around the community, and the increased calls for ambulances as people experience side effects such as Felix's fainting episode.

People may commit crime to pay for their habit, or destroy community property or cause public disturbances while under the influence of Synthetic cannabis. In the long term this can lead to increased demand for police services, increased demand for prison space, <sup>and</sup> increased pressure on the ambulance/medical and justice system services.

- (c) Explain **health-enhancing strategies** that Felix, his friends, and the community could action to address the influences you have explained in (a), and the consequences you have explained in (b), around the use of synthetic cannabis.

ASSESSOR'S  
USE ONLY

A Personal health enhancing strategy Felix could use is seeking help. Felix could go see a counselor, a peer, a family member or trusted adult or a doctor about his problem with alcohol & drugs. Felix could also seek help online anonymously through sources such as thelawdown.com, drugaddictionshelp.org, or call youthline or alcohol and drug helpline. ~~He~~ Felix could also look at rehab centres such as Odyssey house. 'In 2008 17% of admissions were marijuana related.' - drugabuse.gov. Felix could visit his high school counselor, it is free and his parents, friends or teachers will not know if he doesn't wait them to. '58% of people seeking help go to alcohol and/or drug counselors, 35% talk to friends or family, and 30% go to their local GP. Felix could also fix his lack of education of the harmful effects of synthetic cannabis, addressing the influencing factor of having no knowledge of the detriments of the drug. An Interpersonal strategy Felix and his friends could apply are being clear they will no longer smoke, and ask friends who continue to use the drug to not offer them any. This decreases ~~the~~ the influencing factor of peer pressure. Felix and his friends could also choose not to go to ~~the~~ situations such as parties where drugs will be present, choosing instead to do another group activity such as the movies or bowling. This means they will not be in the party scene where the drug is present, and will bond together as friends. This addresses the influencing factor of peer pressure. If Felix's friends choose to continue to use synthetic cannabis, he may choose to find a new group of friends who share the same attitudes & values as him, removing himself from the friend group in which drugs would be present & enhancing his wellbeing, while showing he is resilient by choosing wellbeing over 'social acceptance'.

A societal strategy that could be used is education on the effects of synthetic cannabis. The government could enforce the policy that all schools across New Zealand must teach a set standard surrounding drugs, particularly focusing on cannabis & synthetic cannabis due to its accessibility.

23% of students have tried cannabis at least once within the past 12 months - Youth 2012 Survey. Though the government has made all synthetic cannabis substances illegal as of May 8th 2014 (Source B - NZ Herald). The government & community must ensure the public is educated on the negative consequences of using synthetic cannabis. They can also do this by holding community education & awareness ~~programs~~ <sup>nights</sup> wide spread media/social media campaigns, PSA's on radio & TV and by having groups such as D.A.R.E to come into schools to hold educational talks. After a Year 11 talk about the dangers of drugs, a class survey found that 92% of students learnt something new & would recommend having that talk again next year.

Another societal strategy would be the increase in funding & support of social services such as rehabilitation centres. There is a 4 month waiting list for Odyssey house, a rehab facility, however a person suffering addiction needs immediate help before it ends their life. If the government funds more rehab & medical services it will improve the livelihood of many. Rehabilitated ~~students~~ <sup>people</sup> will be able to become employed, tax paying citizens & stop being on the unemployment benefit, saving the country money. These societal strategies will address the influences of lack of education & mass media normalisation, as people will be knowledgeable of drugs like synthetic cannabis' effects. This will help prevent a spike in drug-related crime offences & take pressure off police, the justice system, prisons, ambulances & hospitals.

These strategies will prevent adolescents such as Felix from wanting to try synthetic cannabis, as they will be aware of its risks. Funding and collaborating with community support systems will help rehabilitate those struggling with drugs, helping them become contributing members of society, lowering anti-social behaviour and unemployment rates, overall improving NZ Society's wellbeing.

Extra space if required.

Write the question part(s) if applicable.

ASSESSOR'S  
USE ONLYQUESTION  
PART

A) A Societal influence could be media and cultural normalisation of marijuana/Synthetic cannabis. Media platforms such as films, TV, music, social media, advertisements and music videos all have a history of normalising & promoting recreational use of cannabis. This mass exposure can drastically affect impressionable teens such as Felix. 'Teens who watch R-Rated films, in which drugs & alcohol are often portrayed as ok, are 6 times more likely to smoke cannabis than teenagers who do not watch these films.' - Verywell.com. This ~~mass~~ exposure of the use of drugs does not show the many negative consequences that come ~~hand~~ in hand with ~~using~~ the drug. Audiences become younger & younger as media is everywhere. Research shows that young adults aged 12-20 see just as many videos, posts, articles & content about marijuana as adults. A teen such as Felix' morals may change if he sees his favourite celebrity endorsing or promoting the use of Synthetic cannabis. 42% of adults over the age of 15 have tried cannabis at least once (drugabuse.gov). This shows the widespread accessibility of the drug, Synthetic cannabis being just as easy to access for adolescents such as Felix.

B) This costs the tax payers money. In 2012 7500 people were arrested for marijuana related crimes (possessing, dealing, growing or administering), and 2500 people aged 0-20 were apprehended for drug related offences - the second largest age bracket after 21-30 year olds. The problem with Synthetic cannabis is 'in some cases, neither the doctor or the person who has taken the drugs have any idea what has been consumed' (News meaning the medical professional does not know how to treat them - possibly resulting in a fatality. // resource)

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| High Merit exemplar for Health 91235 2016 |   | Total score | M6 |
|---|---|-------------|----|
| Q   | Annotation  |             |    |
| (a),<br>(b),<br>and<br>(c)                | The candidate provides an in-depth analysis of adolescent drug use. They use a complete range of influences and supporting evidence from their own research. Personal, interpersonal, and societal consequences are covered, and some parts of well-being are explained too. All three strategies link back to how they could lower drug use in adolescents. The candidate needed stronger strategies however, with links to both influences and consequences, to achieve a higher grade. |             |    |