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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Health Studies RAS 2023

92011 Demonstrate understanding of  
strategies that enhance hauora

# EXEMPLAR

Achievement

TOTAL 04

Topic - Select (✓) ONE of the two topics to complete your assessment.

- Food and Nutrition (pages 4–5)
- Sexuality and Relationships (pages 6–8)

## STRUCTURE OF REPORT

Thinking about the people in the scenario for the topic you selected, use the resources provided to you, as well as knowledge from your own learning, to produce a report answering the following questions:

- (a) Identify ONE Personal, ONE Interpersonal, and ONE Societal strategy that could be applied to the selected scenario to enhance hauora.
- (b) Choose ONE of the strategies from above and describe the steps you would take to make this strategy work.
- (c) Describe and explain how at least TWO dimensions of hauora are positively enhanced by your three strategies identified in (a).
- (d) Explain how a combination of strategies could work together to enhance hauora. Use examples to support your answer.
- (e) Discuss how your strategies work together to show manaakitanga. Use examples to support your answer.

**Manaakitanga** is defined as the process of showing respect and care and cooperation between people, living things, and places.

**A-**

Personal factors - Charlie and Nik, both feel a place of belonging (Taha wairua) as they feel comfortable in their health class, by their teachers' thoughts and feelings around gender and sexual identity in a positive way. However they are feeling anxious of how their friends and family might react. They can write their thoughts down or go for a walk (Taha tinana) to deal with their thoughts and feelings .

Interpersonal factors - Both Charlie and Nik are again worried (Taha hinengaro) on how their friends might react in a negative way. Manu has already had an experience where his cousin came out gay, therefore Manu will accept his friends and love his friends no matter what. Charlie and Nik can talk (Taha whanau) to Manu about how they feel as Manu supports and holds a good trust between each other.

Societal factors - Charlie and Nik (any other pupils who are feeling unsure about their gender and sexual identities), can reach out (taha whanau) to Inside Out (resource E), who can come into schools and talk/support about all topics connected to LGBTQIA+ and more. They support resources, workshops, consulting, advocacy and support anything concerning (LGBTQIA+) rainbow communities.

#### **B-**

For Charlie and Nik to communicate to Manu, first of all they all have to have trust with each other, a bond and show manaakitanga. Charlie and Nik could ask Manu to arrange a date to talk to Manu about their gender and sexual identities, or send him a text (less formal but they're close friends). If of course they feel comfortable and ready to express their thoughts. They can also tell Manu individually as that may be easier for them, or gain confidence with each other and tell Manu together.

#### **C-**

I believe for both Charlie and Nik their spiritual well being will be enhanced in a positive way as they can take time to themselves to reflect on how they feel, their thoughts and feelings. They'll feel a place of belonging as they are accepted by the people they love and cherish, as well as when being included into Inside Out. Charlie and Nik will enhance their mental and emotional well being as when they are alone they can reflect on what happened/happens by feeling happy, calm, angry. When talking to their mate they can feel nervous and overwhelmed, anxious of Manu's response. When with Inside out feelings and emotions will feel accepted and loved, they will feel happy.

#### **D-**

If Charlie and Nik attend inside out, they will then understand many interesting knowledge, to then grow and gain confidence (societal). When they're ready and comfortable, I believe they can then tell their close mate and families, who will accept them (interpersonal). Or If they want they can tell their close mate first, teachers, or families (interpersonal), to then gain confidence in themselves (personal).

#### **E-**

Personal - When Charlie and Nik want to reflect on their thoughts (as I said in QA), they can write them down in a journal, go for a walk and or do some hobbies. This way they're respecting themselves. They are showing manaakitanga by positively and kindly showing who they are and overall being happy with why they are them.

Interpersonal - If they want to tell their mate Manu, they can sit him down and tell him in a way that makes them feel safe as well as Manu. In this way Manu will feel respected and proud, as his mates feel comfortable with him. Manu will also show Manaakitanga by listening and being supportive.

Societal - If joining InsideOut, they will automatically be respected by the community around them, as InsideOut is a welcoming and understable family. Respecting and one, and thing. Not only that but Charlie and Nik who if they decide to join will show manaakitanga to insideOut as that is a show of kindness.

## Achievement

**Subject:** Health Studies

**Standard:** 92011

**Total score:** 04

Q	Grade score	Marker commentary
One	A4	Sexuality and Relationships This report has basic explanations on strategies and the impact on hauora. To gain merit, the candidate would need to explain how their strategies could work together and elaborate further about how Manaakitanga could be developed by their strategies.