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91235



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Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 2 Health 2025

91235 Analyse an adolescent health issue

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 the questions 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 2–11 in the correct order and that none of these pages is blank.

Do not write in the margins (//////). This area will be cut off when the booklet is marked.

YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

Merit

TOTAL 05

INSTRUCTIONS

In this assessment, you are required to analyse the issue of **excessive screen time**.

To support your analysis when answering all parts of the question, refer to the resource material in **Resource Booklet 91235R**, as well as your own knowledge about the personal, interpersonal, and societal factors surrounding health issues for teenagers in New Zealand.

Space for planning your answers is provided below.

PLANNING

interpersonal
Personal = Resource A
being influenced to go and look at
Kadens post.

QUESTION

Refer to **Resources A to F**, when completing all parts of the question.

- (a) Explain how teenagers are influenced to prioritise screen time over sleep. Include one personal, one interpersonal, and one societal influence.

(i) Personal:

A personal influence on teenagers to prioritise screen time could be that they are afraid they are going to miss out on something on their phone like it says in Resource D. Teenagers mostly get FOMO or think that they aren't being on their phone enough and will stay on for ages so they can catch up with everything so they're not behind on the internet's new stuff.

(ii) Interpersonal (others):

Teenagers can be heavily influenced to stay up longer & have more screen-time. An example of this is in Resource A, because in the group chat of friends, Alice asked if they had seen Kadens' post, which is encouraging them all to stay on their phones longer to watch the post and then discuss the post.

(iii) Societal (New Zealand community):

A societal influence

(b) Prolonged use of screens at night has been shown to negatively impact sleep duration and quality.

(i) Explain how prioritising screen time over sleep impacts a teenager's well-being in the **short term**. In your answer, you may consider physical, mental, or social impacts.

The short-term effects can vary from physical, mental and social impacts. Having a lack of sleep can effect your mental health a lot because having a lack of energy will often bring your mood down and can give you serious mood swings which can also effect your social life because people will often get frustrated with you when your lack of energy and mood swings is being taken out on ~~the~~ them. It will effect physical performance because you wont have enough focus or energy.

(ii) Explain how prioritising screen time over sleep can negatively impact the wider New Zealand community in the **long term**.

Having a higher screentime rate then sleep can have long term effects on your mental health because if your constantly in a mood swing state then it could become permanent. This can negativley impact society because if so many people are having lack of sleep and poor mental health it can create bad working environments which can cause the school or workplace or group to become a negative place where people dont want to continue coming back to because they dont want their own mental health to perish because someone elses is/has.

- (c) (i) Recommend a **personal strategy** that teenagers could take to reduce their screen time and improve the quality of their sleep. Explain how this could enhance their overall well-being.

In your answer, consider the relevant influences and consequences related to the issue.

A personal strategy teenagers can take to improve their sleep could be to give themselves a goal and a reward. Set a specific time to put all electronics away an hour or longer before they go to sleep. After all devices are off and away, find an activity to do that doesn't require a lot of movement so they can wind down. This strategy can improve their well-being and their sleep quality because it's allowing them to take some time to themselves and getting a better sleep at a decent time can positively impact their social and physical well-being because the set routine is training their brain to be more focused and happier which will improve their motivation for social places like school or sports.

- (ii) Recommend an **interpersonal strategy** that the parents of the teenagers in Resource A, on page 2 of the resource booklet, could take to reduce screen time and improve quality of sleep. Explain how this could enhance their child's overall well-being.

In your answer, consider the relevant influences and consequences related to the issue.

An interpersonal strategy that the parents can take could be to sit down with their teenager, and go over a plan or a routine they can put in place like putting their phone away in the kitchen or Parents room to prevent them from feeling tempted to go on it at night when their meant to be sleeping. This ~~can~~ ~~enhance the child's well-being~~ because Another strategy could be to sit them down and tell them the dangers of having a lack of sleep and how it can effect you. This will enhance their well-being because if they know how it can effect them it can make them want to improve their sleep so the things they were told about from a lack of sleep wont happen to them.

- (iii) Recommend a **societal strategy** that a school could implement to support its students to reduce screen time and improve quality of sleep. Explain how this could enhance the overall well-being of students in the school.

In your answer consider, the relevant influences and consequences related to the issue.

A societal strategy schools can implement could be to engage in a learning programme, like in resource F. Keeping track and recording their sleep to see continuous improvements of the students can boost their own wellbeing because if they don't feel any changes after improving their sleep, seeing the amount of hours changing on their sheet can give them self confidence and proudness for achieving a better sleep cycle. Some consequences to this issue is that some students may fake their sleep times to get extra praise.

Merit

Subject: Health Studies

Standard: 91235

Total score: 05

Q	Grade score	Marker commentary
One	M5	<p>a) The personal and interpersonal influences are clearly explained from the correct perspective.</p> <p>b) The short-term personal impacts are explained and linked to more than one dimension of well-being. The societal impacts are described, however they needed to be further developed with clearer links to the wider New Zealand community for a higher grade.</p> <p>c) The personal, interpersonal, and societal strategies are explained with some links to enhancing well-being. For a higher grade, this response also needed to specifically link to the influencing factors previously discussed.</p>