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Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 1 Digital Technologies 2025

92007 Design a digital technologies outcome

# EXEMPLAR

Excellence

TOTAL 08

To be completed by candidate:

NSN	School Code
<input type="text"/>	<input type="text"/>



## Level 1 Digital Technologies 2025

### 92007 Design a digital technologies outcome

# MINI PORTFOLIO COVER

Enter your National Student Number (NSN) and School Code into the space above.

Ensure that your mini portfolio of evidence reflects the development of **your own** design. Material from class exercises, group work, or internal assessments (92004, 92005) should not be included.

**Save your finished work as a PDF file**, as instructed by your teacher.

Do not use chatbots, generative AI, paraphrasing tools, or other tools to generate any written responses describing or explaining the design in your mini portfolio evidence.

Your mini portfolio should comprise a maximum of:

- 8–10 A4 single-sided pages saved as a PDF; or
- 8–10 slides saved as a PDF; or
- 6 A3 single-sided pages saved as a PDF.

The submission must be entirely self-contained. It must not include links to content outside of your submission (e.g. a link that takes the assessor to a YouTube video or a file in a Google Drive).

## ***Why Are Teenage Mental Health Issues Increasing Around The World?***

### **Need**

Teenagers around the world and in Aotearoa are experiencing rising rates of stress, anxiety, and low self-esteem, often linked to school pressure, sports, social media, and relationships. Globally, 1 in 7 teenagers suffer from mental health issues. While there are many different mental health resources available, most existing solutions are often:

- Too complex or overwhelming
- Designed for adults rather than teens
- Lack of privacy or inclusivity
- It is difficult to navigate
- Paid

As a result, teenagers often feel unsupported, judged, or excluded, and struggle to support their mental health.

### **Opportunity**

To create a calming and easy-to-use Mental Health Daily Check-In Web App designed for teens, where they can:

- Access encouragement or calming strategies that are culturally inclusive
- Journal and meditate
- Feel validated and supported without judgment
- Interact with a community page to feel supported
- Crisis/Emergency help

This digital outcome directly addresses the need for a simple, everyday check-in tool that prioritises emotional safety, inclusivity, and privacy, allowing teens to consistently use and benefit from it.

### **Ethical Concerns**

#### *Privacy And Safety*

Teens may share personal and sensitive information in the reflection space. Data storage options include local storage (which can not be used on other devices). Alternatively, an anonymous login system could be installed, allowing users to create a simple account without real names or emails. The entries and data would be stored securely on a server linked to the anonymous ID.

It is important that the app does not create a false sense of support, as users may believe it replaces human help. To avoid this, clear disclaimers and clear links to helplines like 1737 or Youthline will allow the user to find the type of support they need.

#### *Consent*

Because many users would be under 16, no personal identifiers are collected, and clear terms and conditions ensure voluntary participation with the website.

#### *Inclusivity*

Design choices should reflect cultural and identity diversity. This could be achieved through varied emoji skin tones, multilingual support, and calming strategies from different cultures or faiths.

## ***Ethical Concerns: Continued + Persona***

### **Māori Values**

*Manaakitanga*: A welcoming, respectful design that values every user, while fostering inclusivity, especially for vulnerable teens.

*Kaitiakitanga*: It should be clear where data is stored, as well as ensuring eco-friendly hosting.

*Kotahitanga*: Catered toward teenage users holistically, instead of one or two. Constant feedback is required.

*Whanaungatanga*: Similarly to kotahitanga, it is important to consider the needs of the user. This can be achieved through research, feedback, and manaakitanga.

*Tikanaga*: Follow the best practice in health design: clear, simple, private, safe.

### **Example Persona**

- **Jayden (16, Wellington)**  
High-achieving footballer balancing school and football training. Appears okay outwardly, but struggles privately with stress and self-doubt. Needs quick, private, non-judgemental check-ins. Dislikes long, overwhelming tools.
- **Isla (14, Nelson)**  
Creative, introverted, socially anxious. Feels invisible and compares herself to others online. Wants a soft, supportive design and gentle encouragement. Finds cluttered or adult-focused websites difficult to use.

### **Target User**

Teenagers who are navigating social, academic, sporting, or other pressures and struggle to deal with their emotions, leading to a buildup of stress, anxiety, and self-doubt. These people often want to be supported without judgment and feel safe when they express themselves.

### **User Needs**

- Quick and simple access
- Emotional support without judgement
- Practical tools like journaling or meditation
- Privacy and safety
- Aesthetic design targeted towards teenagers
- Crisis and emergency support

## Colour Palette Ideas

### Option 1: Soft Pastels

These pastels evoke calmness, gentleness, happiness and renewal. They are less intense than other colours, making them easier on the eyes and more soothing for the user.



#CCCCFF #FFCCFF #FFFFCC #CCFFCC

### Option 2: Nature

These shades of green evoke growth, renewal, and calmness. Drawing from nature's forests and leaves, they create a soothing and refreshing atmosphere that helps users feel balanced and grounded. Green is often associated with healing and tranquillity, making it a good choice to support mental wellbeing and promote a sense of peace.



#90EE90 #A0C070 #22A050 #108040

## Font Combinations

### Fonts:

These are the sample font combinations to create a peaceful and simple website.

### Comfortaa + Lato

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### Baloo 2 + Nunito

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### Quicksand + Open Sans

Lorem ipsum dolor sit amet consectetur adipiscing elit. Sit amet consectetur adipiscing elit quisque faucibus ex. Adipiscing elit quisque faucibus ex sapien vitae pellentesque.

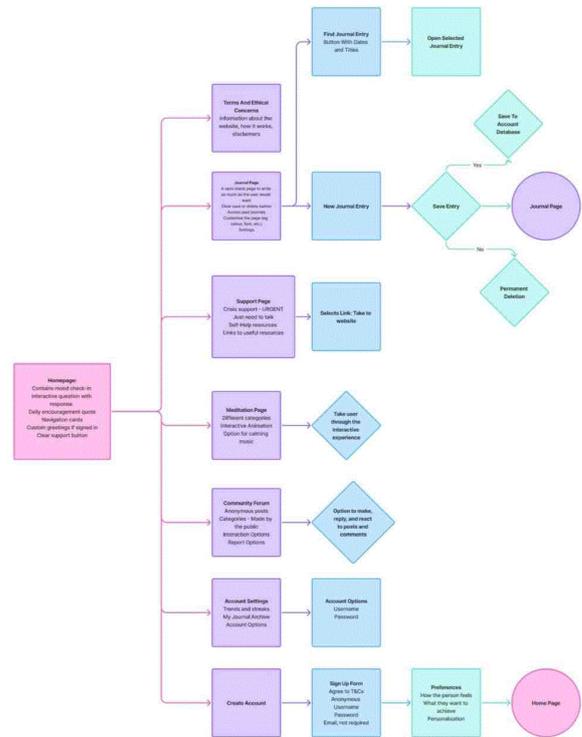
### Rubik + IBM Plex Sans

Lorem ipsum dolor sit amet consectetur adipiscing elit. Sit amet consectetur adipiscing elit quisque faucibus ex. Adipiscing elit quisque faucibus ex sapien vitae pellentesque.

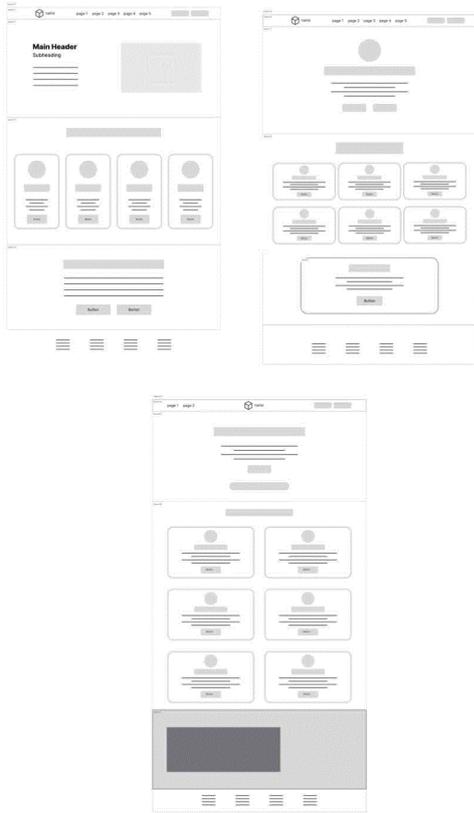
### Nunito Sans + Karla

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## Flowchart

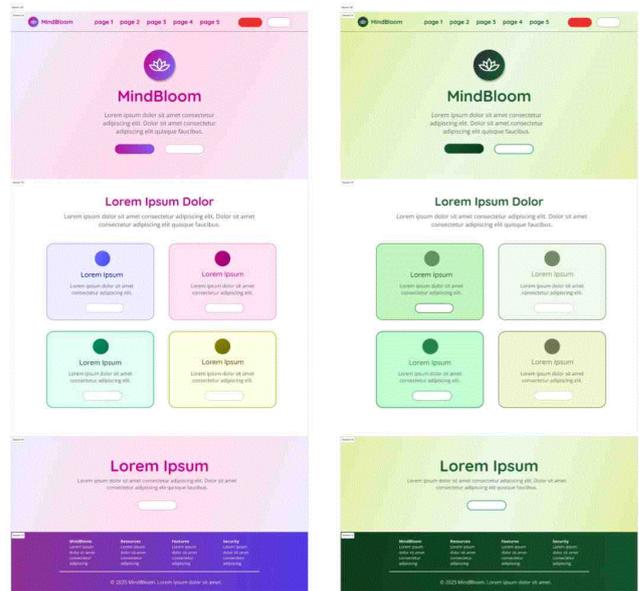


## Initial Ideation Of Homepage



## Iteration: Colour Schemes

Writing: Lorem Ipsum

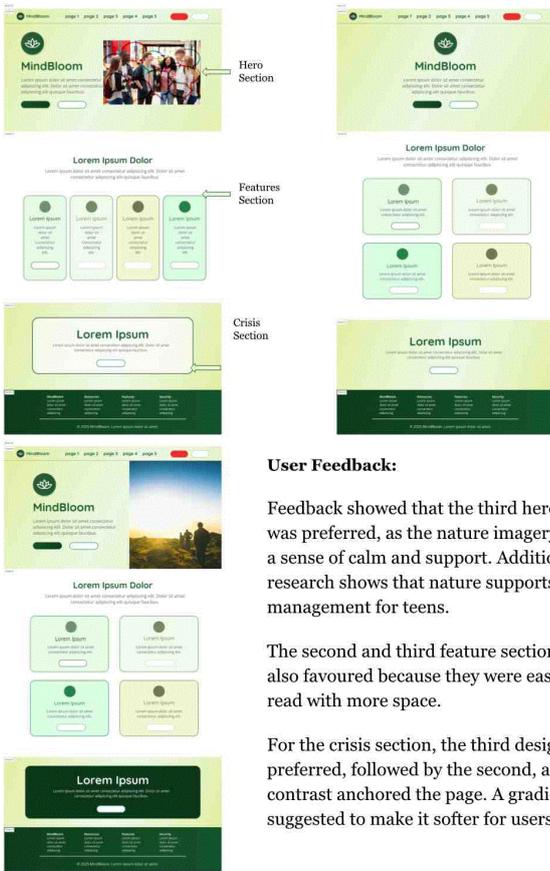


From user feedback, the green design was preferred because it feels calmer, more professional, and better aligned with the purpose of a mental health website for both males and females. Although some users initially preferred the pink design, I chose green as it better supported long-term calmness and inclusivity across genders. This shows prioritisation for the broader need over individual preference.

Another piece of feedback from peers was that the boxes on the green design should be altered slightly to make it more appealing and softer to the user.

\*\*This is just an initial layout to illustrate the colours

## Iteration: Layout



### User Feedback:

Feedback showed that the third hero design was preferred, as the nature imagery created a sense of calm and support. Additionally, research shows that nature supports stress management for teens.

The second and third feature sections were also favoured because they were easier to read with more space.

For the crisis section, the third design was preferred, followed by the second, as its contrast anchored the page. A gradient was suggested to make it softer for users.

## Iteration: Fonts

Writing: Lorem Ipsum

### Quicksand + Open Sans



### Comfortaa + Lato



### Baloo 2 + Nunito

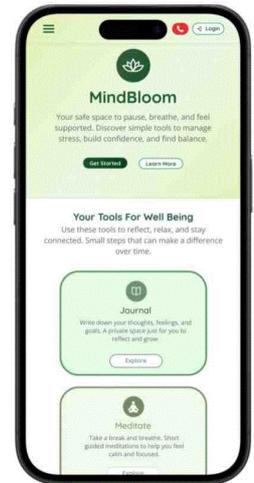
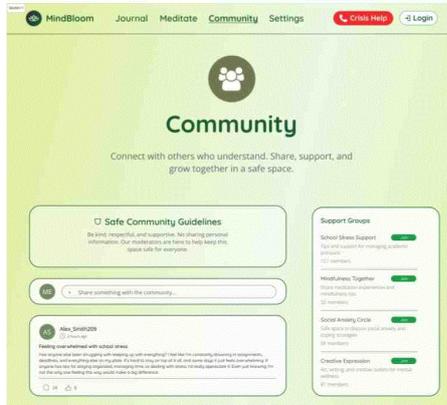
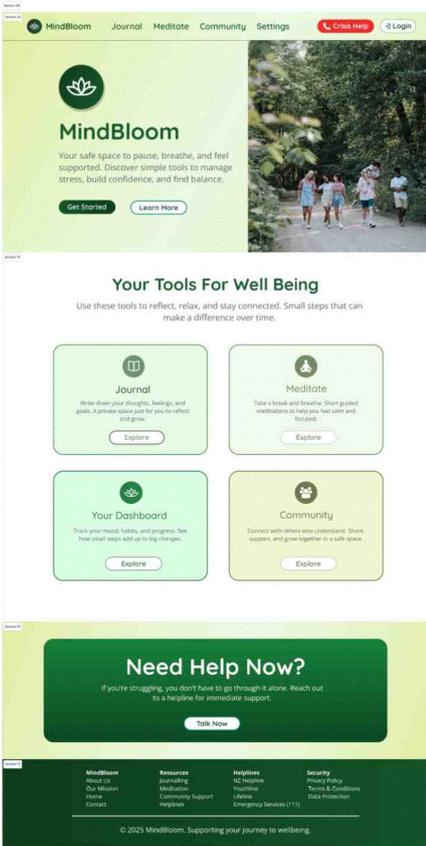


### User Feedback:

For fonts, Quicksand + Open Sans was preferred because it was friendly, clear, and soft, unlike Baloo 2 which felt harsh or Comfortaa which appeared too childish.

# Final Designs

Including Mockup Designs of Other Pages



## *Final Justification And Evaluation*

### **Need**

The design of the website is fit for purpose because it directly addresses the need for a safe, calming, and non-judgemental space where teenagers can reflect and manage their mental health. The focus on simple, easy-to-use tools as well as the community space ensures the website provides support without becoming overwhelming and triggering users. This ensures that teens actively engage with the website instead of abandoning it like many adult-focused tools.

### **Users**

The final design clearly considers the teenage users, such as the ones from the example personas. It allows quick and easy access to tools for those who struggle to talk openly, while the gentleness of the website (colour schemes, fonts, layout) help create a safe and welcoming environment. This aligns with the user needs both physically (colour palettes, layouts) and emotionally (supportive).

### **Feedback**

Feedback guided the choice of green colour palette, layout, fonts, and the crisis section, ensuring helpline support was clear and accessible for users. By acknowledging this feedback, the design became user-focused and ensured that any improvements positively affected the user experience.

### **Requirements**

Key requirements like privacy, accessibility, inclusivity, and easy of use have been addressed. While it is difficult to illustrate this in the design process, these have been thought about for the development process.

### **Ethical Concerns**

This website design integrates important Māori values and ethical concerns like manaakitanga, kotahitanga, kaitiakitanga, and whanaungatanga. These values guided decisions around inclusivity, community focus, respect, and privacy. This ensures that the website is safe for teenage use and culturally significant.

### **Conclusion**

By combining the need, research, peer feedback, and cultural values, the final design is meaningful, visually appealing, inclusive, private, and holistically fit for purpose as a supportive mental health tool for teenagers. This justifies the website as fit for purpose as it meets user needs through consistent feedback, iteration, and puts the user first.

## Excellence

**Subject:** Level 1 Digital Technologies

**Standard:** 92007

**Overall grade:** 08

Grade	Marker commentary
E8	<p>The candidate has presented an authentic and highly coherent design process for a teen mental health daily check-in web app. A clear need / opportunity was established and grounded in teen user realities, with thoughtful consideration of how existing options do not meet their needs. Potential users are well-defined through personas and a target-user description, and requirements are clearly implied through repeated focus on simplicity, emotional safety, privacy, inclusivity, and access to crisis support.</p> <p>Purposeful refinement was evident through exploring and comparing colour palettes, font pairings, layout options, and information structure, then using user feedback to justify choices. The flowchart and page-by-page mock-ups showed that the design has been developed as a functioning experience – not just a single screen – with clear pathways to journaling, tools, community, settings, and crisis help.</p> <p>Excellence is shown through the strength of the final design and justification. Decisions made throughout the design phase were explicitly connected back to the completed design’s fitness for purpose for teenage users. The design choices consistently reinforced key requirements (privacy and safety, easy navigation, non-judgemental tone, culturally responsive inclusivity, and appropriate crisis signposting).</p> <p>Ethical considerations were integrated as design decisions (privacy / disclaimer choices, consent expectations, anonymous options, helpline visibility), and Māori values were treated as embedded practices guiding how users are cared for and protected. Overall, the evidence showed a deliberate line from need and user requirements, through iterative decision-making and feedback, to a final design that is convincingly justified as fit for purpose.</p>