

Assessment Schedule – 2013

Health: Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations (90975)

Evidence Statement

Achievement	Achievement with Merit	Achievement with Excellence
<p>Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations.</p> <p>Demonstrate <i>understanding</i> means to:</p> <ul style="list-style-type: none"> describe the issues and to make a health-enhancing decision in a drug-related situation. 	<p>Demonstrate in-depth understanding of issues to make health-enhancing decisions in drug-related situations.</p> <p>Demonstrate <i>in-depth understanding</i> means to:</p> <ul style="list-style-type: none"> explain the issues by giving reasons for the drug-related situation presented by the issue, and to make and justify a health-enhancing decision in a drug-related situation. 	<p>Demonstrate comprehensive understanding of influences on adolescent eating patterns to make health-enhancing decisions in drug-related situations.</p> <p>Demonstrate <i>comprehensive understanding</i> means to:</p> <ul style="list-style-type: none"> critically explain the drug-related issues, and to make and justify, with insight, a health-enhancing decision in a drug-related situation. <p>Insightful decision-making considers the multiple possibilities presented by a drug-related situation and a justification of the final decision based on weighing up all these possibilities.</p>
<p>See <i>Appendix</i> for possible responses.</p>		

N1	N2	A3	A4	M5	M6	E7	E8
Sparse information. Some answers not attempted.	Some relevant material, but insufficient evidence to meet requirements for Achievement.	FOUR responses at Achievement level from (a) to (f).	FIVE responses at Achievement level from (a) to (f).	THREE responses at Merit level from (a) to (f) (including (c) or (f)).	FIVE responses at Merit level from (a) to (f).	TWO responses at Excellence level from (a) to (f) (including (c), (e), and / or (f)).	THREE responses at Excellence level from (a) to (f) (including (c), (e), and (f)).

N0 = No response; no relevant evidence.

Judgement Statement

	Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
Score range	0 – 2	3 – 4	5 – 6	7 – 8

Appendix

Question	Possible evidence (not limited to these examples)
(a)	<p><u>The advertising approach believed to have the greatest influence on a teenager’s decisions not to smoke, eg:</u></p> <ul style="list-style-type: none"> • <i>Health-enhancing decision to not smoke or to be deterred from smoking is indicated.</i> • <i>Advertising approach A – celebrities are role models that teens look up to, so they will choose not to smoke.</i> • <i>Advertising approach B – teens will be scared of consequences to themselves or loved ones, and so they are encouraged not to smoke.</i> • <i>Advertising approach A is more of a positive approach, while approach B demonstrates the negative consequences of smoking.</i> • <i>Teenagers are more likely to be influenced by advertising approach A because they idolise a national star, as opposed to being influenced by approach B, where they are likely to see effects that they think won’t happen to them.</i>
(b)	<p><u>THREE different choices that Philip and the group could make, eg:</u></p> <ul style="list-style-type: none"> • <i>The group might follow Philip’s lead to try to impress their friends, so they all partake in the drugs.</i> • <i>Philip might try to protect his brother’s reputation and share the cannabis with the group.</i> • <i>The entire group might decide not to go camping and make up excuses not to go.</i> • <i>Philip might pull out of the camping trip, but the rest of the group may go.</i> <p><u>A possible consequence of EACH choice, eg:</u></p> <ul style="list-style-type: none"> • <i>The boys go on the trip and suffer effects to their well-being from cannabis, eg hallucinations, euphoria, anxiety, lowered focus and concentration, increase in heart rate, decrease of blood pressure, slow reactions, reduced motor control, drowsiness; OR from inhalants, eg distortion in perceptions, hallucinations, headaches, nausea and vomiting, slurred speech, loss of motor coordination, wheezing, or a rash around the nose and mouth.</i> • <i>The group might decide not to take the drugs, or not to go camping, and make up excuses not to go so their bodies are free of any negative effects to well-being. This may increase the friendship or bonds between the group of boys because they will be having fun and enjoying themselves, but will remain in control of their body and decisions, and stay within the values and guidelines they have been brought up by.</i> • <i>If Philip doesn’t go on the camping trip with the group, he will be physically safe and will not suffer the effect of the drugs, but he will be socially isolated from the group, and may feel unhappy that he has missed out and let his friends down, which means he may stop spending time with his friends and lose their friendship.</i> • <i>Philip goes on the camping trip, but doesn’t partake in the drugs, so he doesn’t suffer the harmful effects to his well-being. He feels safe and comfortable, is happy that he made a good decision for his body, is more confident that he was able to stand up for himself and not give into peer pressure.</i>

<p>(c)</p>	<p><u>ONE choice believed to be the most health-enhancing for the group from those provided in (b), supported by consideration of the influences in the scenario and the possible consequences from (b), eg:</u></p> <ul style="list-style-type: none"> • <i>Philip decides that he will still go on the camping trip on the condition that they do not take the drugs along.</i> • Influencing factors may include, eg: <ul style="list-style-type: none"> - <i>Parents / families' values and beliefs that drugs are bad.</i> - <i>Societal expectations and laws.</i> - <i>Brother offering the drugs, so not being a good role model.</i> - <i>Accessibility of the drugs.</i> - <i>Peer pressure of friends.</i> - <i>Inquisitive natures.</i> • Consequences may include, eg: <ul style="list-style-type: none"> - <i>Philip and his friends will be safer without the presence of the substances and so will not experience any harmful effects on their well-being (specific examples given).</i> - <i>The group won't be doing anything illegal and so won't break the law, therefore not getting into trouble with their parents or the police.</i> - <i>Philip is acting as a good role model and this may deter his friends in the group from exposing themselves to the harmful effects of drugs on other occasions.</i> - <i>The group will feel proud of making health-enhancing choices that fit with the values of their families.</i>
<p>(d)</p>	<p><u>How Mary's personal beliefs around mixing alcohol and caffeinated energy drinks may differ from those of the majority of the group, eg:</u></p> <ul style="list-style-type: none"> • <i>Mary may believe that she does not need caffeine and alcohol to have a good time, and value not having a hangover the next day, so that she feels clearheaded and not dehydrated to go to work the next day.</i> • <i>Mary's beliefs may differ from those of the majority of the group, who may think that in order to have a good time, it is important to mix caffeine and alcohol to get high. That way they can stay up all night, unaware of the consequences, which may include not being able to work the next day.</i>

(e)

Three options considered:

- (1) *Go along with the group and drink the alcohol and the caffeinated energy drinks.*
- (2) *Offer to be the sober driver and avoid both the alcohol and the caffeinated energy drinks.*
- (3) *Drink moderate amounts of the alcohol, but not the caffeinated energy drinks.*

A possible short- and long-term consequence of EACH option for Mary's well-being, including links between the short- and long-term consequences, eg:

- Short-term consequences, eg:

- *Mary will have lowered inhibitions, so will have a good time and feel socially accepted if she goes along with the group and drinks the alcohol and the caffeinated energy drinks, but may be suffering from a hangover the next day. Her heart rate may increase due to the caffeine, and she may feel dizzy and uncoordinated due to the alcohol. Physical injury / damage may occur, eg broken bones, cuts, bruises, dizziness, lack of coordination, unconsciousness, due to the alcohol. Poor decision-making may occur and she could be involved in risky behaviour, eg fights, unsafe sex, arguments, disorderly behaviour, and / or damage to others, or property.*
- *Mary will be able to look after her friends if she offers to be the sober driver and avoid both the alcohol and the caffeinated energy drinks. She may be tired for work the next day, but will be responsible and make good decisions. Her friends will get home safely.*
- *Mary will feel relaxed and social and so have a good time if she drinks a moderate amount of the alcohol, but not the caffeinated energy drinks, because she'll still be in control of herself. Friends accept that she is drinking alcohol with them, and so don't pressure her to drink the caffeinated energy drinks, and Mary will feel she belongs and is connected to / part of the group. Mary will have fun without being too intoxicated, but may feel tired and dehydrated the next day for work. A moderate amount of alcohol will be out of Mary's system quicker and she won't spend as much money.*

- Long-term consequences, eg:

- *Mary will damage relationships with her family if she starts missing commitments because she goes along with the group and drinks the alcohol and the caffeinated energy drinks, and the use of stimulants becomes a habit. She may lose her job. She may develop dependencies and / or addiction on caffeine and / or alcohol when socialising. A serious injury may mean Mary can't work, or could even lead to her death. Mary may become reliant on alcohol to socialise. She may suffer liver damage, or come up on criminal charges.*
- *Mary will earn the respect of her family and friends for responsible behaviour if she offers to be the sober driver and avoid both the alcohol and the caffeinated energy drinks. She will save money that can be put to better use and be a role model for others, influencing their behaviour. Mary may experience a stronger bond with her friends as they respect her decision, which will strengthen her self-belief because she's following her own values and living by her own moral code. Mary won't become dependent on alcohol and / or caffeine, resulting in a healthier mind and body.*
- *Mary will maintain belonging and acceptance as part of the group if she drinks moderate amounts of the alcohol, but not the caffeinated energy drink. She will put less stress on her body and main organs, so there will be less harm done to her body and less likelihood of liver damage. Mary is not likely to be dependent on alcohol or caffeine, and will maintain her job, earning money to put in the bank.*

(f)

Option selected that is the most health-enhancing for Mary from those provided in (e):

(2) Offer to be the sober driver and avoid both the alcohol and the caffeinated energy drinks.

OR

(3) Drink moderate amounts of the alcohol, but not the caffeinated energy drinks.

Option selected is justified, by taking into consideration Mary's beliefs from (d) and the consequences from (e), eg:

- Beliefs, eg:

- *Mary doesn't believe that mixing alcohol and caffeine is a good idea, so she offers to be the sober driver and avoid both the alcohol and the caffeinated energy drinks. Caffeine and alcohol mixed together has a bad effect, which would likely result in a hangover, and Mary's job is important to her – she needs to be able to work. Her parents expect her to be socially responsible, and she can be responsible for her friends and minimise their risk if she offers to be the sober driver.*
- *The alcohol tastes good and Mary likes the reduced social inhibition and enjoyment it allows with her friends, so she drinks moderate amounts of the alcohol, but not the caffeinated energy drinks. Only drinking moderate amounts of alcohol should mean Mary has positive and safe experiences, which help her develop safe and acceptable drinking habits. Mary is at the legal age to consume alcohol and drinking in moderation shows responsible behaviour, and allows her to still meet responsibilities such as work.*

- Consequences, eg:

- *Offering to be the sober driver and avoid both the alcohol and the caffeinated energy drinks means that Mary can still interact with her friends, while maintaining a healthy body and her beliefs. She won't have a hangover for work and is more likely to keep her job. Mary will feel good about not drinking and not causing damage to her body. She will also be keeping her friends safe and is acting as a role model, making herself and her parents proud, increasing their respect for her. She is also less likely to suffer an accident or damage involving herself, others, or property.*
- *Drinking moderate amounts of the alcohol, but not the caffeinated energy drinks may mean Mary feels an increased connection with her friends and has improved future experiences around alcohol. She will still feel included and part of the group, and therefore have a sense of connection and belonging. She should become a responsible drinker, who develops good habits, and so is a role model of positive behaviours to others. Her inhibitions will be reduced and so she will feel relaxed and have fun, but should still be able to work the next day. Her friends may be more accepting of her as she is drinking with them, but she is still limiting more risky behaviour by not drinking the caffeinated energy drinks, and is reducing her chances of injury, having unprotected sex, or getting involved in violence, arguments, causing injury to others, or illegal activity. She will also not spend as much money on drinks.*