



National Certificate of Educational Achievement  
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

## **Exemplar for Internal Achievement Standard**

### **Health Studies Level 1**

This exemplar supports assessment against:

**Achievement Standard 92009**

**Demonstrate understanding of decision-making in a health-related situation**

An annotated exemplar is a sample of student evidence, with a commentary, to explain key aspects of the standard. It assists teachers to make assessment judgements at the grade.

New Zealand Qualifications Authority

To support internal assessment

Grade: Achieved

For Achieved, the student needs to demonstrate understanding of decision-making in a health-related situation.

This involves describing factors relevant to the decision-making situation and the possible consequences, and proposing a decision in response to the situation in relation to hauora, with reference to the factors and anticipated consequences.

The chosen scenario poses a health-related dilemma for an individual and requires a decision to be made that affects wellbeing.

This student has demonstrated understanding of decision-making in a health-related situation by describing factors and possible consequences relevant to a teenager's decision to send a nude picture or not. The decision-making context is clearly grounded in the Relationships and Sexuality Education Key Area of Learning and multiple influences and potential outcomes of the situation are considered.

The student evidence describes a proposed decision in response to the situation (i.e. choosing not to send the picture), with reference to the factors and potential impacts of the decision in relation to aspects of hauora.

For Merit, the standard requires explanation of why the factors and consequences are significant to the proposed decision, and how these interrelate. For example, the student could explain how personal knowledge coupled with fear of the potential consequences, such as the mental and emotional and social repercussions of a nude being leaked, might collectively contribute to the teenager's choice not to send a nude image.

Achieved

NZQA Intended for teacher use only

Situation; A 17-year-old girl must decide whether to send her 17-year-old boyfriend nude pictures which he has requested she send.

The first influencing factor in making this decision is personal knowledge. This is a personal factor because it is her personal knowledge and what she has been taught. Being taught in school and by family that it is under no circumstances you should send nudes it can lead to exploiting herself. This factor leads to the choice that could be made being her choosing not to send the picture to him, her knowledge on the situation stops her. A negative consequence of this choice could be Jake seeing this and feeling like she doesn't love him or like him as much as he thought she did. This consequence leads to him feeling upset and embarrassed because he thought she liked him as much as he liked her. His sadness might turn into anger, and he could start to lash out. This also affects other people's feelings like hers. She could see this and also get upset not knowing what she did wrong and wanting to make him happy.

The second influencing factor in making this decision is fear and concern about the situation. She could have fear and concern about sending an image to her boyfriend because she knows once something is released to the internet it always stays on the internet. This could lead her to become concerned about what her boyfriend would say if she declined sending the image to him. This factor can lead to a choice that can be made. If she chooses to send the image well knowing it will stay on the internet she puts trust into him. A negative consequence of this action can be him deciding to send the image to his mates and then suddenly it spreads around. This consequence leads to her feeling very taken advantage of her trust she had for him has been broken. She can also become embarrassed of herself knowing other people have seen her private parts, she could also feel like she can't trust anybody else in the future knowing her trust was broken. This also affects other people's feelings like his feelings. He could regret his decision and try to make it up to her, this can lead him to feeling very guilty if she does not accept his apology.

The third influencing factor in making this decision is peer pressure. This is an interpersonal factor. She could decline the photo which would lead him to get upset if she declines sending the image he could then get mad, he might start to harass, and peer pressure her. She might feel obligated to send the image but knows it isn't right. This factor leads to her choosing to ignore him and not send the image to him. A positive consequence of this choice is that she gets to have a break and rethink what she is going through, this can help her think through her relationship with him. A negative consequence of this choice is that he gets mad at her and becomes even more forceful in sending the image. She decides to end the relationship. The action of the negative consequence leads to her getting a break from him and being able to enjoy her life knowing that her image hasn't been shared between many people she knows, she feels happy, positive, and free. However, this also affects other people's feelings like his. He can become depressed and upset losing someone he liked and feel like she doesn't love him or like him as much as he thought she did. He can also get mad at himself and start to blame it all on him.

The best decision she can make is choosing not to send the picture because of her knowledge on the situation she knows the cautions and the things that come with sending a nude picture online to anyone. Long term she will be affected positively because she doesn't have to worry about others seeing her nudes as this will affect her mental wellbeing - positively. Although it affects her positively, I would say short term this affects him negatively he has to become aware of the reason why she doesn't want to proceed in sending the photo this would affect his mental wellbeing.

In conclusion this decision will have an effect on mental and emotional for both of them and they will be feeling different types of emotions with the outcome of her saying no to sending the photo. Their relationship wellbeing will also be affected no matter the outcome their relationship will still be affected be that positively or negatively.

Grade: Merit

For Merit, the student needs to explain decision-making in a health-related situation.

This involves discussing the significance of the factors and anticipated consequences relevant to the situation and explaining how these interrelate to influence the proposed decision, in relation to hauora.

The chosen scenario poses a health-related dilemma for an individual and requires a decision to be made that affects wellbeing.

This student has identified and discussed factors and potential consequences relevant to the decision-making situation. The influencing factors and potential outcomes are explained in terms of their significance (i.e. the importance of friendships), with reference to aspects of hauora, and the student evidence explains how these interrelate to inform the proposed decision in response to the situation.

The situation has a clear relational focus and is grounded in the Relationships and Sexuality Education Key Area of Learning. Although the decision-making scenario focuses on dietary aspects, a deeper understanding of Food and Nutrition concepts is needed to ground the situation in this Key Area of Learning.

For Excellence, the standard requires further evidence of evaluation and drawing conclusions about the significance of the decision-making in response to the health-related situation. For instance, the evidence could have considered the potential long-term or broader impacts of the decision when suggesting a course of action, such as how the decision (and actions) proposed could influence Kalani's emotional wellbeing and resilience in future situations, where acting according to her values might risk positive relationships with others.

**Scenario**

Kalani is passionate about good nutrition. She is a boarder at her school hostel and has recently noticed the food they are serving has changed, there is less fresh food and more processed, deep fried and sugary food being served. She has also noticed a change in how she and her friends and fellow boarders have been feeling and thinks this is because of the food.

Kalani wants to talk to the hostel management about the changes to the food but knows it would be socially risky since her friends and fellow boarders like the meals. Another idea she has is to create a school vegetable garden, run by students at the hostel and use these to make their meals. She thinks working together outside on a practical project would have a positive impact on everyone's wellbeing.

Kalani's dilemma -she is very serious about her ideas for improving the food at the hostel and wants to take them to the hostel management but is afraid of upsetting her friends and fellow boarders.

Kalani's self-esteem and confidence could influence whatever action she decides to take. If she chooses to complain to the hostel management, it would be going against what her friends and fellow boarders want. If she complains and criticises their preferences this could create conflict in the hostel. She could also be afraid of the criticism and blame she might get from her friends and fellow boarders. This might cause her to second guess her decision and not do it which would then diminish her feelings of self-worth.

Kalani's values and beliefs could influence her decision about whether she complains to the hostel management, because eating a healthy diet is important to her. She believes if changes aren't made her physical well-being will be negatively affected and affect how well she does in class. She believes that if she could eat healthier food, she would feel better and be more mentally alert. However, word might get out that it was Kalani that caused the hostel management to change the menu. This could make her fellow boarders angry at her and negatively affect her friendships. Being unpopular could negatively affect her self-esteem and confidence, even if she believes she has done the right thing. Friendships are important to her, and so she will feel anxious about speaking up if it means losing friends or being unpopular.

Kalani knows that her friends like the unhealthy food the hostel serves, and they would be angry if she was the reason for any changes they didn't want. If she chooses not to talk to the management and instead talks to them and her fellow boarders about starting a school garden that they could run and care for, this might change their attitudes towards trying some healthier options. They could all have a say about what food they grow and eat, which might encourage them to want to eat it, and then changes to the menu would just happen without conflict.

Kalani's good relationships with her friends could stop her from talking to the hostel management as she might decide her friendships are more important right now. To maintain

good relationships with them she might consider doing nothing. This could negatively affect everyone's physical wellbeing since they will keep eating unhealthy food and will continue to feel tired. Kalani would probably feel bad because she had given away her own personal values and beliefs for the sake of her friendships.

Because Kalani has been a boarder at the school since Year 9, she is probably very close to most of the other boarders. This means they are more like a family. Instead of going straight to the hostel management to complain she may feel she can talk to them about the problem, as they know each other so well. Talking with the other boarders using good communication skills would be less confrontational. This would enable everyone to collaborate and come up with ideas they all agree on to make the menu healthier. Kalani could also speak to them about her other idea of having a school garden. This would give everyone a chance to voice their opinions and ideas about what food to grow. Working collaboratively together to create something they can all participate in and enjoy will be good for friendships and social well-being and physical well-being.

Maintaining positive relationships with others is the most important factor for Kalani when deciding what to do. The best option for her is to use the friendships and positive relationships she already has to communicate openly with the other boarders about the issue, rather than going straight to the hostel management with her complaint and just her own ideas. If she does this everyone will get a say in the matter and feel listened to. They will all have a chance to voice their opinions and make suggestions about how to improve the menu, and they won't blame Kalani, or get angry with her if they don't like the changes. Kalani could also use the conversation as an opportunity to talk to them about starting up a community garden in the school. With their support and ideas, she could then speak to the hostel management.

In the short term, this option allows her to find a solution to the problem that won't cause conflict and stress for her or her friends and should stop her feeling anxious, as it greatly reduces the chance of backlash from her friends and the fellow boarders which could negatively affect her relationships with them. By taking this action, she also boosts her confidence and self-belief as she will see that she can stand up for her values without damaging her friendships. She will feel good about herself and her actions. Openly talking with her friends and fellow boarders, instead of directly challenging their preference for the current food, encourages collaboration, as it respects everyone's preferences while ensuring she eats a healthier diet. The boarder's collaboration with Kalani to change the menu may create a mutual respect for one another's opinions and could positively influence their overall emotional well-being and add enhance the sense of community at the hostel. Having a more nutritionally balanced menu will be better for everyone's physical and emotional wellbeing, as nutrients from the fresh vegetables will make them mentally alert so they do better at school, which would boost their self-esteem.

Grade: Excellence

For Excellence, the student needs to evaluate decision-making in a health-related situation.

This involves drawing conclusions about the significance of the decision-making in response to the health-related situation, in relation to hauora.

The chosen scenario poses a health-related dilemma for an individual and requires a decision to be made that affects wellbeing.

This student has discussed factors and possible consequences relevant to the situation (i.e. a teenager's decision to send a nude picture). The influencing factors and potential outcomes show an understanding of the socio-ecological perspective and are explained in terms of their significance to the decision-making process. The decision-making context is clearly grounded in the Relationships and Sexuality Education Key Area of Learning, with subject specific knowledge shown.

The student evidence considers multiple influences and potential outcomes of the situation and explains how these interrelate to inform the proposed decision in response to the situation (i.e. not to send a nude picture). A conclusion is drawn based on the discussion of the relevant factors and anticipated consequences, in relation to aspects of hauora.

To further enhance their evidence, the student could have drawn on societal factors within the conclusion. For example, discussing the legal implications of sending a nude and how/why the influence and potential consequences associated with this might also have contributed to an informed final decision.



### Health-related situation

A 17-year-old girl must decide whether to send her 17-year-old boyfriend nude pictures which he has requested she send him.

A personal factor for this situation could be that she has previous knowledge of the risks of sending nude photos, whether she's experienced it or been taught about it. This is a personal factor, as it is she herself who knows about these risks. She may fear that he will share them around on social media and that they will be with her for life, always proving a problem. A choice that comes from this factor would be that she says no and does not send an explicit image, and with that, they move on in their relationship. A positive consequence this choice could have is that he is okay with the fact that she declined sending him a nude image; they move on and grow stronger within the relationship. A negative consequence could be that he gets mad, starts to become unhinged, and starts spreading rumours about her on social media or in school. We know that they have a trusting relationship, so we can guess that he knows a lot of personal things that he could share. This would be very hurtful for her, as she thought she could trust him. If she chose to say no to him and not send a nude photo, she could feel strong, like she stood up for what she wanted. But it also could backfire; He could become manipulative, and she may then feel like she is controlled by him, which would take a toll on her mental dimension of hauora.

Another influencing personal factor could be her personal values and beliefs about this situation. Her values could be that she doesn't share those types of pictures around, and people that ask for them are not people worth having around in her life. A further choice that she has is to not send the picture and break up with him, as he broke her trust when he asked for those pictures. A positive consequence of this choice could be that she is happier without him, and she avoids the conflict as she does not continue with the relationship. A negative consequence is that she starts to feel dull and lost, like she is a better person when she is in a relationship with him, and she could regret not sending the photo. In this situation, he might feel regretful; he might have thought that asking for that picture was taking a further step in their relationship, not putting it in a vulnerable position, and then her breaking up with him would come as a shock and hurt his feelings. After they broke up, she could feel like she was missing a part of herself and like she had taken the situation out of context. Leading off, she could feel that her beliefs are wrong and that she needs to change.

An interpersonal factor could be that she feels a lot of peer pressure from him. She may fear that he will break up with her if she doesn't send them. This is an interpersonal factor because they are both intertwined in this situation. She could be heavily influenced by that factor and make the choice to send him a nude picture and put a lot of trust in him, hoping he doesn't do anything bad with the photo. For instance, share it on social media or blackmail her with said photo. A positive consequence of this choice is that he does not share her nudes and keeps them to himself, and they grow stronger together as they have taken this next step in their relationship. A negative consequence of this choice is that once he receives the photo, he shares it on social media, as she is only 17 and you have to be 18 to legally send nudes. The cops could get involved. If she sent the photo, I think he would be

happy, as he got what he wanted. He may also feel that she trusts him even more, as we hope she won't be sending these intimate photos to anyone. But she may feel as if she is not good enough for him if he doesn't give her the reaction she wants. A reaction she could have wanted could be for him to send one back or compliment her. She could feel unloved if he said nothing after receiving her nude photo. His response to the photo could be passive, which could make her second-guess her body and the photo she sent. This could send her spiralling and take a toll on all parts of her hauora.

I would advise Emma to say no to Jake and to not send a nude photo and that, they move on in their relationship.

Based on the information we have been given about their relationship, it's a strong, trusting relationship. If they both feel like they should move on in their relationship, they will be able to get over the hurdle. Not sending the nude photo to Jake will show him that she wants more and deserves more than objectifying her. He will hopefully apologize to her for his actions and learn how to express his love for her in a different way. It could be physically, or talking about how much he loves her, but not asking for her to send something so personal online, where you don't have control over where they go and who sees them. I have confidence that she will become stronger after this situation and learn how to stand up for herself in difficult situations where she doesn't 't want to hurt the other person; nevertheless, she doesn't want to put herself in a vulnerable position. She would be very vulnerable to him having her nude photos in his camera roll or even just in their messages. He could, in a way, blackmail her in the future if he doesn't get his way.

In conclusion, the choice of saying no to him and not sending a nude picture is ultimately the best decision for many reasons. She thought about the possible previous knowledge she had of this situation and understood what it could do to a person. It can damage one's mental wellbeing in many ways, as she is so vulnerable to bad people if he shares it around online. It can affect your social status, as the photo will never go away. In the long term, it could influence future employers to not employ her. She didn't want that to happen to her, so she did not send a picture. A long-term result of this decision could be that he now knows the boundaries, and therefore she gains even more trust in him. There may be an awkward period of time for the two as they get over it, but I believe everything will be okay. This choice positively impacts her mental wellbeing, as standing up for yourself is a mental game, and that's what she did. She said no. She showed him and herself how strong she is mentally.