

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.