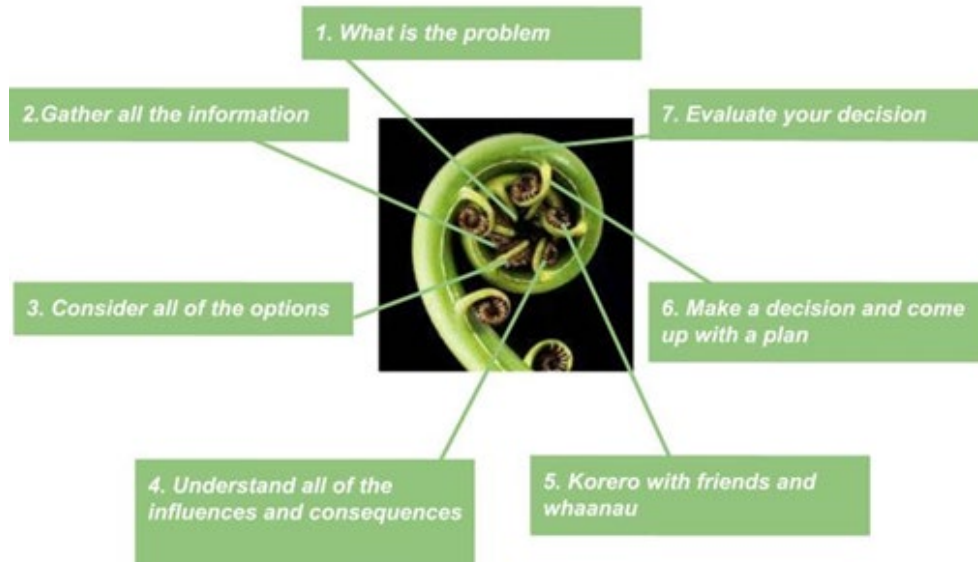


Kei a koe te tikanga**Scenario**

Charlie and Jesse have been going out for about 6 months. They are both 16 years old and go to a co-ed school. Lately Charlie has been asking to have sex with Jesse. Jesse knows that all of Charlie's mates have been in sexual relationships and talk about it all the time. Jesse has always thought that their first time would be something special. They also know that Charlie has been in a sexual relationship before.

The decision that needs to be made is whether to have sex or not. Charlie has already had sex before and understands what the experience is like, Jesse has never had sex before and isn't sure whether she wants to start having sex now or wait until she is ready. Jesse also hopes that their first sexual experience would be special and remembered as a pleasant exchange of trust between the couple.

Before Jesse makes the decision on whether to have sex or not, she must identify what the issue is. Jesse is aware that Charlie has had sexual intercourse before, and that all Charlie's friends are sexually active. Jesse could feel pressured into making the decision to have sex before she is ready because she believes Charlie feels left out or like he's being deprived of a sexual relationship. Jesse may also feel pressured to live up to the expectation to have sex because Charlie's friends and her friends are all in sexually active relationships. This peer pressure affects Jesse's spiritual hauora by making her feel insecure in herself.

After Jesse identifies the problem, she must then gather all the information regarding the problem. Charlie and Jesse has been in a relationship for 6

months and trust each other, they also go to a co-ed school where health is a compulsory subject. Jesse and Charlie are both 16 years old and come from good families, this could affect Jesse's choice to have sex because most of her family have, waited till they were older. Jesse has also watched films containing sex scenes and has felt discomfort when viewing them or felt worried because it looked sore. These influences could help affect Jesse's decision by having sex appear as a negative or frightening experience.

The third step in Jesse's decision-making model is to consider all the options.

One option that Jesse will need to consider is to have sexual intercourse. A personal influence on Jesse's decision to have sex would be pressure to be cool, Jesse could feel like sex is an easy way to become cool and popular. This could make having sex appealing to Jesse.

A societal influence on Jesse's decision could be a movie she watched containing a sex scene, while watching this scene Jesse could have felt intrigued and willing to try experiencing it.

These influences could affect her mental and emotional hauora positively by making her feel secure or excited to have sex.

Another option is for Jesse and Charlie to wait until Jesse is ready, an interpersonal influence on this decision is Jesse's family. Jesse's morals and beliefs she was brought up with could help her decide to wait a while.

A societal influence is Jesse's health class. Jesse is currently learning about STIs; this has instilled a fear in Jesse that she will contract an STI if she has sex. Getting an STI would negatively affect her physical hauora and could put her off having sex forever.

The third option Jesse has is to have sex when she doesn't feel ready, the pressure Jesse feels to keep up with hers and Charlie's friends could lead her to make the decision to have sex even though she isn't comfortable just so they don't neglect her.

An interpersonal influence could be Charlie and his friends. Jesse knows that all Charlie's friends are sexually active, and she could feel like Charlie is being left out or thinks Charlie feels upset that he isn't able to have sex. This could negatively affect Jesse's mental and emotional hauora as well as her social hauora. If Jesse has sex but isn't ready, she could become depressed and have no energy to socialize with her friends, family, or Charlie.

I think the best decision for Jesse would be to wait until she is ready to have sex. There are a lot of negative effects having sex when she isn't ready could have on Jesse's hauora. If Jesse waits to have sex for a time, she is more comfortable and feels ready, she will be prepared.

Jesse will take the precautions needed to stop any STIs being transmitted, she will also be mentally and emotionally stable with her decision and won't have any negative long-term effects on her mental health. Jesse and Charlie's relationship would be stronger, and the sexual experience would be better for both if they wait until Jesse feels ready to take this big step. If Jesse is pressured into having sex before she feels like it's the right time, the negative effects it has on Jesse's wellbeing could impact their relationship. Jesse's self-esteem levels could lower,

this would affect her ability to be able to socialize with people or cause her to become depressed. If Jesse becomes depressed, she will stop eating the correct foods and drinking the right amount of water, affecting her physical hauora.

In conclusion, I think the best option for Jesse to do would be to wait until she is ready to have sex so that her hauora stays positive and her relationship with Charlie will be stronger if they wait until they are both ready.