**STAGE 2 health & WELLBEING**

**Assessment type 2: FOLIO**

**Adolescent Stress**

**Purpose** To analyse the current health issue of STRESS and its impact on teenagers.

**Description of assessment**

* Teachers to source contemporary media such as Ted Talk , You tube , documentaries linked to stressors
* Watch the documentary
* Choose a stress factor that could negatively affect the health of a teenager.

For example:

* Lack of sleep
* Future plans/academic performance
* Social Media addiction
* Social relationships
* Body image
* Family breakdown
* Bullying/Cyberbullying

Analyse the health determinants that affect/effect the scale and trends of this issue

Analyse the impact on health and wellbeing of this issue on individuals and communities

Identify and evaluate a health promotion strategy, campaign, agency or education which can assist with the minimisation of stress. How successful is it? How can it be improved?

**Assessment conditions**

A written response of a maximum 1000 words or multi-modal response of maximum 6 minutes is to be completed.

Multimodal suggestions: magazine article, news report, podcast, video

Assessment design criteria:

**CT1** Understanding and analysis of health and wellbeing trends and issues

**CT2** Develop empathetic and ethical understanding of health and wellbeing issues

**RP1** Personal reflection on health and wellbeing trends and issues in individual, local or global contexts