**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 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