SECTION A

(Suggested time: 40 minutes)

You MUST answer this question.

Write your answer on the RULED PAGES provided, pages 7 and 8. There may be more space than you need. There is a blank space on page 6 for any notes you may want to make. THIS WILL NOT BE MARKED.

1. Read the following article on adolescents' mental health carefully. List FIVE MAIN points discussed, then write a summary of the article in NOT MORE THAN 120 words in ONE PARAGRAPH.

If this limit is exceeded, only the first 120 words of your answer will be read and assessed. You MUST include in your summary paragraph the five points you listed AND any other relevant points. A minimum of seven points is required in order for you to score full marks.

As far as possible, use your own words. Your summary must be in continuous prose. You may use the blank space on page 5 to jot down a plan.

In your answer, you will be assessed on how well you

(a) identify the main ideas and opinions in the extract
(b) organize and express these ideas and opinions in your own words
(c) use appropriate grammar, sentence structure, vocabulary, spelling and punctuation.

Adolescents' Mental Health

One in six people are aged 10–19 years. Adolescence is a unique and formative time. Physical, emotional and social changes, including exposure to poverty, abuse or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.

Globally, it is estimated that 1 in 7 (14%) 10–19 year-olds experience mental health conditions. Yet, these individuals remain largely unrecognized and untreated. Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviours, physical ill-health and human rights violations.

Adolescence is a crucial period with respect to developing the social and emotional habits that are important for mental well-being. These include adopting healthy sleep patterns; exercising regularly; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Protective and supportive environments in the family, at school and in the wider community are important.

Multiple factors affect mental health. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Factors that can contribute to stress during adolescence include exposure to adversity, pressure to conform with peers and the exploration of identity. Media influence and gender norms can increase the difference between an adolescent's lived reality and their perceptions or aspirations for the future. Other important factors include the quality of their home life and relationships with their peers. Violence, especially sexual violence and bullying, harsh parenting and severe socioeconomic problems are recognized as factors that can impact the mental health of adolescents.

Some adolescents are at greater risk of mental health conditions due to their living conditions, stigma, discrimination or exclusion, or lack of access to quality support and services. These include adolescents living in humanitarian and fragile settings; adolescents with a chronic illness, autism spectrum disorder, an intellectual disability or other neurological condition; pregnant adolescents, adolescent parents or those in early or forced marriages; orphans; and adolescents from minority ethnic or sexual backgrounds or other groups that face discrimination.

Eating disorders, such as anorexia nervosa and bulimia nervosa, commonly emerge during adolescence and young adulthood and are other manifestations of mental health issues. These disorders involve abnormal eating behaviour and a preoccupation with food, accompanied in most instances by concerns about body weight and shape. Anorexia nervosa can lead to premature death, often due to medical complications or suicide, and has a higher mortality than any other mental disorder.

Adapted from https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health

Total 25 marks

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SECTION A

Question 1.

You MUST write your points for the summary on this page.

LIST OF FIVE MAIN POINTS

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(5 marks)

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SECTION B

(Suggested time: 30 minutes)

You MUST answer this question.

Write your answer on the RULED PAGES provided, pages 11 and 12. There may be more space than you need. There is a blank space on page 10 for any notes you may want to make. THIS WILL NOT BE MARKED.

2. Study the situation presented below and then complete the task that follows.

Your class of 15 fifth form students was involved in an accident during a Food and Nutrition class.

Use the following information to write a report of that accident to Mr James Cox, Principal of Eleanor Smith Secondary School, Esperanza Street, St George.

- Incident took place at approximately 1.20 p.m. during the fifth lesson of the day on 08 May 2026.
- Incident took place in the Family and Resource Management Lab, Room 3.
- Ms Mason, the teacher, had left class to go to the principal's office to deal with an urgent matter.
- Jeromy Paul accidentally added water to boiling oil.
- Mavorn Smith and Jeromy Paul received burns to their chest and face.
- One student ran to the class next door and alerted the teacher, Mr Rodney Pierre, who immediately called the ambulance.
- The ambulance arrived at 1:30 p.m. and took the injured students to the hospital.
- Ms Mason accompanied the two students in the ambulance.
- The parents of the two hurt students were called and arrived at the hospital half an hour after the ambulance.
- Mavorn and Jeromy were kept at the hospital for observation.

Your report MUST be in continuous prose.

Your answer will be assessed on how well you

- **format the report**
- **select relevant and complete information**
- **organize and express the information**
- **use appropriate grammar, sentence structure, vocabulary, spelling and punctuation.**

Total 30 marks

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SECTION C

(Suggested time: 45 minutes)

You MUST answer ONE question from this section.

Your answer should be approximately 400 to 450 words in length.

Write your answer on the RULED PAGES provided, pages 15–18. You are expected to write within the word limit. There may be more space than you need. There is a blank space on page 14 for any notes you may want to make. THIS WILL NOT BE MARKED.

You MUST write in Standard English. However, dialect may be used in conversation.

In your answer, you will be assessed on how well you

(a) use the stimulus provided
(b) develop and organize the content of your writing
(c) use language appropriate to your audience, purpose and content
(d) use appropriate grammar, sentence structure, paragraphs, vocabulary, spelling and punctuation.

EITHER

SHORT STORY

3. Write a story based on the picture below.



Source: Unknown

(25 marks)

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OR

4. Write a story based on the sentence below.

Akim gripped his father's hand firmly as they walked through the doors of the imposing grey building. **(25 marks)**

SECTION C

You may make notes here. This will NOT be marked.

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SECTION D

(Suggested time: 45 minutes)

You MUST answer this question.

Your answer should be approximately 250 to 300 words in length.

Write your answer on the RULED PAGES provided, pages 21–25. You are expected to write within the word limit. There may be more space than you need. There is a blank space on page 20 for any notes you may want to make. THIS WILL NOT BE MARKED.

You MUST write in Standard English.

In your answer, you will be assessed on the

(a) appropriateness of content
(b) clarity, organization and development of your argument
(c) correctness of grammar, sentences, paragraphs, vocabulary, spelling and punctuation.

5. "Students who become pregnant while at secondary school should be allowed to attend school."

Write an essay giving your views on this statement. **(25 marks)**

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