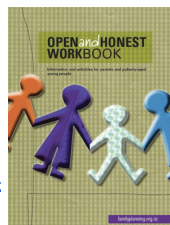


### Our Relationship & Sexuality Programme Aims:

- To mark puberty as a normal, natural occurrence that occurs in everyone's lives.
- To encourage greater understanding and sensitivity about changes in both males and females.
- To encourage greater acceptance of individual difference/diversity in adolescent physical and emotional changes.
- To encourage discussion and communication with trusted adults around sexuality-related issues.
- To explore and continue to develop values and attitudes around sexuality.
- To establish a safe environment that allows students to discuss sexuality openly and comfortably.

### More Resources:

- Education.govt.nz <https://parents.education.govt.nz/primary-school/learning-at-school/sexuality-education/>
- **Open and Honest Workbook:** information and activities for parents and puberty-aged young people including labelled diagrams of body parts (Years 1-10)  
[www.familyplanning.org.nz/media/303779/workbook-open-and-honest-parents-2012.pdf](http://www.familyplanning.org.nz/media/303779/workbook-open-and-honest-parents-2012.pdf)
- [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) free online safety guides for parents & carers



### Thoughts to leave you with:

- You as parents are the primary sexuality educators.
- Sexuality education should be a continuous process, taught every day with casual discussions, rather than the 'big talk'.
- Be ask-able! Look for teachable moments and topics arising naturally.
- Be comfortable with the definition of sexuality.
- Use the correct words for body parts.
- Be honest about what you know/don't know & offer help to find out.
- Build and maintain trust - respect your child's privacy & confidentiality.
- Acknowledge to children that your own views and others' views can be different, and that's okay.

Parent Information: Sept 2022

## Mātauranga Hōkakatanga Relationships & Sexuality Education



### Sexuality is:

- Knowing yourself as a unique individual.
- Being comfortable with who you are.
- Having a sense of belonging.
- Communicating your needs and wants.



## RELATIONSHIPS AND SEXUALITY OVERVIEW Yrs 1-10

	Year 1-2 (Curric. Level 1)	Year 3-4 (Curric. Level 2)	Year 5-6 (Curric. Level 3)	Year 7-8 (Curric. Level 4)	Year 9 & 10 (Curric. Levels 5 & 6)
<b>Theme 1:</b> A Positive Learning Environment	being a kind and helpful classmate. cooperative and listening skills	positive classroom community cooperative skills	safe learning environment to ask and answer questions about aspects of sexuality	safe learning environment to ask and answer questions about aspects of sexuality	connect big ideas about relationships and sexuality + ways we grow and develop to their language, culture and identity
<b>Theme 2:</b> Who am I?	personal strengths of self and others + similarities and differences  describe self and place in whānau + explore diverse family structures  self in relation to gender & exploring gender roles	personal strengths and qualities  own culture, whānau and identity & what makes it unique + similarities and differences  gender identity and gender stereotypes  what makes me happy + the benefits of happiness & positive wellbeing	what makes you unique + enhancing your own self-worth and that of others  stereotypes of different media + influence on identity and self-worth  gender stereotypes and impact on relationships, roles and behaviours	ways we grow and develop (relationships and sexuality) connecting to own identity  balancing rights and responsibilities in different situations  stereotypes and social messages impacting on identity  cultural attitudes	positive aspects of being a teenager + overcoming the challenges  gender stereotypes influencing sense of identity + challenging these  diverse societies + attitudes to gender and sexual diversity + strategies to support self and others
<b>Theme 3:</b> Relationships	respecting others, making new friends & being a good friend  expressing ideas and feelings + how thoughts and feelings are affected by other people's comments and actions  roles and responsibilities in the family	types of relationships and enhancing these  express and manage emotions and feelings in appropriate ways  positive and negative peer pressures + practice responses  enhancing family relationships and wellbeing + responsibilities at home	types of relationships + qualities of positive relationships  managing relationship challenges and possible impacts on wellbeing  communication skills and understanding different perspectives  consent & ownership of our own bodies	different types of relationships + how others can support us through tough times  affirming diversity in relationships + discrimination and challenging discrimination  assertiveness and decision-making skills  concept of intimacy + what giving and receiving consent looks like	healthy relationships, rights and responsibilities + strategies to support and identifying negative behaviours  non-verbal communication + passive, aggressive and assertive behaviours Consent  declining and ending relationships respectfully  attitudes and values about sex
<b>Theme 4:</b> Growing and Changing	my growing body, the things it can do and how it moves  my body parts and how to clean and care for our bodies	general ways bodies change from birth to now & throughout life  identifying necessary things for healthy growth and development  Identify things they like about their bodies  how to care for our bodies	stages of growth and terminology for body parts  changes during puberty (+ menstruation and the male reproductive system)  truths and myths about hygiene (and media influences) + looking after bodies before, during and after puberty	pubertal change + practical ways of managing changes and feelings  body image + fostering positivity  human reproductive systems and functions + using correct terms  sequence of conception + exploring contraception	...continued  how people experience pubertal change + practical ways of managing changes and feelings  understand conception and menstruation + ways to manage this and support each other
<b>Theme 5:</b> Staying Safe	Identifying bullying & strategies to stand up for self and others  My body is mine; safe and unsafe touching & intro to consent  who can help me stay safe  online safety	Identify bullying + strategies to stand up for self and others  ownership of our bodies, giving and receiving consent, what to do and say when feeling uncomfortable  Keeping self safe, online safety + how to get help & manage worries	(consent and bullying falls into Theme 3: Relationships)  available supports & ways of supporting others  safety online	using feelings to identify if a situation or relationship is safe + what to do next  Identify and manage impacts of cyberbullying  pornography, sexting + strategies for keeping safe + finding support	STIs, sexual health of self & others + strategies to negotiate safer sex  factors that affect safer sex + accessing sexual health care  decision-making skills for informed choices & cyber-safety

