



TAUPO INTERMEDIATE SCHOOL



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Health Education – Relationships and Sexuality Education Focus

Health Education at Taupo Intermediate School is delivered in alignment with the New Zealand Curriculum (2007). The Health and Physical Education learning area is underpinned by four key concepts that consider overall well-being, interactions between people and society, the need for healthy communities and health-enhancing attitudes and values.

Taupo Intermediate School teachers will use a range of teaching approaches and learning contexts to develop learners' understanding of these concepts of Health Education and aim to equip learners with the skills needed to enable them to make health-enhancing life choices. Units of learning will be regularly reviewed in order to ensure that our Health Education programme is meeting learning needs of our students and reflects best practice in Health Education.

The overview of our Health and PE is currently:

Term 1	Term 2	Term 3	Term 4
Ko Wai Au – Who am I?	Nutrition	Relationships and Sexuality Education	Personal Safety

As part of the Ministry of Education guidelines for Health Education, Boards of Trustees are required to conduct a consultation with their communities. Community consultation relates specifically to health education within a school's curriculum. Parents and whanau, we welcome your feedback on this. Please read the overview specifically related to Relationships and Sexuality Education below, then give us your feedback through the survey link attached. The survey is also available on our Facebook page, Edge App and Website.

The key change we are proposing at Level 4 is the inclusion of teaching conception and contraception. "Understand various differing approaches to conception and contraception and how these relate to social norms, choice, consent, and wellbeing".

We are proposing to use the "Navigating the Journey" resource developed by Family Planning in conjunction with Ministry of Education Guidelines. There are also primary schools throughout Taupo who use this resource from Years 3 -6, meaning there will be some continuation when progressing to Intermediate. Our teachers will be getting support from these providers in designing these lessons.

Here are the proposed lessons for Year 7:

Lesson	Overview
Understanding the landscape and creating a safe place for the journey	Students will: <ul style="list-style-type: none"> understand that they are on a learning journey to learn about themselves, their relationships with others, their changing bodies, and staying safe.
Establishing safe ways to ask questions and inquire together	Students will: <ul style="list-style-type: none"> review their current knowledge about relationships and sexuality and identify aspects they want to learn more about. develop strategies for safely asking and answering questions about aspects of relationships and sexuality.
Balancing rights and responsibilities	Students will: <ul style="list-style-type: none"> explore how our rights and responsibilities increase as we get older. identify their current responsibilities and prepare for those they will have in the future. identify rights and responsibilities in given situations.

Lesson	Overview
Understanding gender and stereotypes	Students will: <ul style="list-style-type: none"> identify gender stereotypes and their impact on people's sense of identity. discuss strategies to challenge gender stereotypes that they can use. identify how social messages about gender can affect people's experiences of becoming an adult.
What is important in a relationship?	Students will: <ul style="list-style-type: none"> explore different kinds of relationships and identify the qualities they value in them. identify and appreciate how their friends and whānau support them through challenging situations.
Setting our boundaries	Students will: <ul style="list-style-type: none"> explore the concept of intimacy and the behaviours that may feel right at different levels of intimacy. explore concepts about consent and identify what giving and receiving consent looks like.
Growing and Changing	Students will: <ul style="list-style-type: none"> review and identify the changes that take place during puberty and recognise that most of them happen to everybody, focussing on menstruation, erections and wet dreams.
Getting to know our reproductive systems	Students will: <ul style="list-style-type: none"> explore the human reproductive system, its functions, and be comfortable using correct terminology.

The Year 8 programme will largely follow the same topics, but will also include lessons on:

Lesson	Overview
Sexual orientation	Students will affirm diversity in relationships, discuss discrimination against people who are same-sex attracted, and identify ways to challenge discrimination.
Conception	Students will identify and describe the sequence leading to conception.
Safer sex	Students will explore contraception and its use in preventing pregnancy and sexually transmissible infections (STIs).

You can find out more information about Relationship and Sexuality Education here <https://parents.education.govt.nz/primary-school/learning-at-school/sexuality-education/>

Please note we will always inform you prior to starting Relationships and Sexuality Education lessons. You are welcome to remove your child from any lessons that you are not comfortable with.

Parents and caregivers are welcome to contact us for further information about the programme. Enquiries should be directed to admin@taupointermediate.co.nz attention: Miss Voysey, HOD of PE and Health, or one of our senior leadership team.

Please tell us more about what you would like to see as part of our Relationships and Sexuality Education curriculum in term 3 2022 by completing this on-line survey: <https://forms.office.com/r/OJzVAwvUrg>

Kind regards

Megan Chapman
Deputy Principal