


Relationships + Sexuality Program

The following unit is to take place in Kinesiology over the course of 4-5 weeks in term 3. The lessons will be done in the classroom allocated time and will work in with other pe and health related content. Please use the following links to set up lessons on MS Teams and deliver your teaching & learning. Resources are available in the GYM office.

- Year 9 RSE Program St Thomas of Canterbury College demonstrates the schools catholic character by showing inclusivity and respecting the dignity of all involved.
- School values shown are **Brotherhood, Compassionate, Legacy, Manawa**.
- The **whakatouki** for this unit is – He oranga ngākau, he pikinga waiora = Positive feelings in your heart will raise your sense of self-worth.

<p>Lesson 1:</p> <p>Hauora – What is hauora and looking after wellbeing.</p> <p>Time: 50 minutes</p>	<p>Kaupapa:</p> <p>This activity is intended to allow students to:</p> <ul style="list-style-type: none"> • Develop understanding on hauora using the te whare tapa wha model and how it impacts themselves and others. • Distinguish the link between hauora and relationships, puberty and sexuality. 	<p>Learning Outcomes/Activities:</p> <ul style="list-style-type: none"> • Activity 1: Wheel of well-being template <div data-bbox="1240 826 1290 887"></div> <p>Sexuality+education_levels+3+to+4_Resou</p> <p>https://sparklers.org.nz/activities/fill-my-whare-tapa-wh%C4%81/</p>
<p>Lesson 2:</p> <p>Creating a Safe Place – Classroom values and</p>	<p>Kaupapa:</p> <ul style="list-style-type: none"> • This lesson is intended to encourage students to come up with classroom 	<p>Learning Outcomes/Activities:</p> <ul style="list-style-type: none"> • Activity 2: Create class korowai to demonstrate a taonga that represents the classroom values and safe place ethos.

identifying thi through class korowai.	<p>values and put them to the class korwai.</p> <ul style="list-style-type: none"> The objective is to get students to demonstrate understanding of the importance of respect, integrity, inclusivity throughout their learning tasks. 	<i>Equimpment provided in PE office.</i>
<p>Lesson 3:</p> <p>Responsible Relationships – Healthy vs Non Healthy Relationships</p>	<p>Kaupapa:</p> <p>By the end of this lesson students will understand the qualities of a healthy relationship and healthy friendship. Through this we will value and recognise the qualities of caring relationships and Identify people, behaviours and characteristics that make them feel good about themselves.</p>	<p>Learning Outcomes/Activities:</p> <ul style="list-style-type: none"> To understandings and show skills to enhance relationships; think critically about relationships. Identify and compare ways of managing a range of changing relationships, roles, and responsibilities during puberty, and describe positive ways of responding Explain what a healthy relationship looks like versus an unhealthy relationship.
<p>Lesson 4:</p> <p>Managing Relationships - What are relationships – different types and navigating this process.</p>	<p>Kaupapa:</p> <p>By the end of the lesson students will be able to explore ways to manage the relationships we have in our lives and to make sure we surround ourselves with happy healthy relationships.</p>	<p>Learning Outcomes:</p> <ul style="list-style-type: none"> How do relationships change during puberty, and what can we do to support others? Identify influencing pressures on a range of relationships, and describe and demonstrate assertiveness and problem-solving skills to manage these and be inclusive of others

<p>Lesson 5:</p> <p>Changes to my Body – Male and Female purabtal development.</p>	<p>Kaupapa:</p> <p>By the end of this lesson students will understand pubertal change and recognise the different stages of going through puberty and navigating teenage changes.</p>	<p>Learning Outcomes :</p> <ul style="list-style-type: none"> • What are the specific names of the body parts that relate to puberty, sex, and reproduction, and how do people view bodies differently? • How do I stay resilient and confident while going through pubertal change? • What are periods and wet dreams, and why do they happen?
<p>Lesson 6:</p> <p>Sex & Sexuality Knowledge, understandings, and skills relating to sexual health and development.</p>	<p>Kaupapa:</p> <p>By the end of this lesson students will be will be able to identify the difference between sex and sexuality and use this information to make informed and positive decisions related to their health and well-being</p>	<p>Learning Outcomes/Activities:</p> <ul style="list-style-type: none"> • Positive and supportive relationships, including intimate relationships and consent. • Contraception/Conception • managing their health • cultural approaches to gender and sexuality • how to access resources that support health and wellbeing • the influence that society has on the way we view things like gender and sexuality.