

## MGC Health Programme Topics & Concepts



Course	Topic/Concept	Content, Knowledge & Skills
9 Health 9HPE	Te Whare Tapa Wha concept of Hauora Relationships	Well-being models What we look for in friendships and relationships Self worth Values and attitudes Healthy relationships Consent Assertive Communication
	Sexuality	Vocabulary Anatomy Changes at, personal hygiene and management during puberty What is sexuality/gender/identity? Attitudes and values Acceptance Manaakitanga
10 Health 10HPE	Drugs & Alcohol	Types of, effects of drugs & alcohol in relation to Hauora Personal, Interpersonal & Societal influences Decision making strategies Safer party practices
	Sexuality	Gender & Sexuality Contraception - Pros & Cons for each method STI's - Prevention & where to go for help Consent Healthy relationships
11 Health HED101	Sexuality	Personal & interpersonal strategies in sexual relationships AS90974 Demonstrate understanding of strategies for promoting positive sexuality
	Alcohol/Vaping/Cannabis	Effects on the body, consequences in relation to Hauora Laws AS90975 Demonstrate understanding of issues to make health-enhancing decisions
	Interpersonal skills Relationships	Types of skills - listening, assertive behaviour Assertive behaviour Problem solving AS90973 Demonstrate understanding of interpersonal skills used to enhance relationships
	Hauora	Personal wellbeing AS91097 Demonstrate understanding of ways in which wellbeing can change and strategies to support wellbeing AS90971 Take action to enhance an aspect of personal wellbeing
12 Health HED201	Sexuality	AS91239 Analyse issues related to sexuality and gender to develop strategies for addressing the issues
	Resilience	AS91236 Evaluate factors that influence people's ability to manage change
	Health Promotion Hauora	AS91237 Take action to enhance an aspect of people's wellbeing within the school
	NZ Health issues	Adolescent health issues in relation to hauora, socio-ecological perspective, the promotion of positive well-being, and attitudes and values AS91235 Analyse an adolescent health issue
	Determinants of Health	
13 Health HED301	Health Practices in NZ	Explore a range of health practices to treat a specific health condition AS
	NZ & Int. issues	Contemporary health issues affecting NZ and overseas AS AS
	Ethical issues in NZ	Contemporary ethical issues and the approaches and principles that groups of people align to with regards to the issue AS
		Determinants of Health Attitudes & Values Social Justice Implications for Wellbeing Health Promotion

# MGC Hauora Programme: Topics & Concepts

Course	Topic/Concept/Knowledge
	Te Whare Tapa Wha concept of Hauora Weekly focus on each aspect of Hauora Connection to school values and setting of personal goals
	Random Acts of Kindness week(s)
	Careers week
	Emotional regulation
	Inter Whanau challenges & competitions
	Mental Health Awareness week Five ways to wellbeing Reconnecting
	Bully Free NZ week Being an “upstander”
	Samoan Language week
	Environmental Awareness week
	Pride week
	Matariki week
	Review of academic goals
	Cook Island Language week
	Netsafe presentation
	Library week Reading for wellbeing
	Safe Party Practices Presentation by NZ Police
	Tongan Language week
	Te Wiki o te Reo Maori
	Vaping presentations Complement Drugs & Alcohol unit in Year 10 Health
	Diwali