

Theme	Key concepts	Activities and learning outcomes
<b>1.</b> <b>Establishing a positive learning environment</b> <b>Te whakarite i tētahi ao ako huapai</b>	<p>Growth and development</p> <p>Community health care resources</p> <p>Respect for self and others</p> <p>Responsibility</p> <p>Inclusion and diversity</p> <p>Relationships, roles, and behaviours</p>	<p><i>Understanding the landscape and creating a safe place for the journey, page 14</i></p> <p>Students will understand that they are on a learning journey to learn about themselves, their relationships with others, their changing bodies, and staying safe.</p> <p>Students will establish group guidelines that will enable a safe learning environment within which to navigate the journey.</p> <p><i>Establishing safe ways to ask questions and inquire together, page 18</i></p> <p>Students will review their current knowledge about relationships and sexuality and identify aspects they want to learn more about.</p> <p>Students will develop strategies for safely asking and answering questions about aspects of relationships and sexuality.</p>
<b>2.</b> <b>Who am I?</b> <b>Ko wai au?</b>	<p>Connecting views of relationships and sexuality to language, culture, and identity</p> <p>Rights and responsibilities</p> <p>Decision-making</p> <p>Growth and development</p> <p>Gender stereotypes</p> <p>Gender, biological sex and sexual orientation</p> <p>Body image</p> <p>Discrimination</p> <p>Inclusion and diversity</p> <p>Sexuality in the media</p> <p>Relationships, roles, and behaviours</p> <p>Respect for self and others</p>	<p><i>Understanding our personal learning journeys, page 23</i></p> <p>Students will connect the big ideas about relationships and sexuality and the ways in which we grow and develop to their language, culture, and identity.</p> <p><i>Balancing rights and responsibilities, page 26</i></p> <p>Students will explore how our rights and responsibilities increase as we get older.</p> <p>Students will identify their current responsibilities and prepare for those they will have in the future.</p> <p>Students will identify rights and responsibilities in given situations.</p> <p><i>Understanding gender stereotypes, page 29</i></p> <p>Students will identify gender stereotypes and their impact on people's sense of identity.</p> <p>Students will discuss strategies to challenge gender stereotypes that they can use.</p> <p>Students will identify how social messages about gender can affect people's experiences of becoming an adult.</p> <p>Students will examine cultural attitudes towards gender diversity.</p> <p>Students will contribute to the development of policies that support diversity of gender and sexual identities and inclusion of all.</p>

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<b>3.</b> <b>Relationships</b> <b>Ngā</b> <b>whanaungatanga</b>	Relationships and their qualities Intimate relationships Sexual attraction Consent Inclusion and diversity Sexual orientation Gender identity Homophobia and discrimination Respect for self and others Responsibility Passive, aggressive, and assertive communication Problem-solving and decision-making Breaking up respectfully	<p><i>What is important in a relationship?, page 37</i></p> <p>Students will explore different kinds of relationships and identify the qualities they value in them.</p> <p>Students will identify and appreciate how their friends and whānau support them through challenging situations.</p> <p><i>Setting our boundaries, page 43</i></p> <p>Students will explore the concept of intimacy and the behaviours that may feel right at different levels of intimacy.</p> <p>Students will explore concepts about consent and identify what giving and receiving consent looks like.</p> <p><i>Sexual orientation, page 48</i></p> <p>Students will affirm diversity in relationships, discuss discrimination against people who are same-sex attracted, and identify ways to challenge discrimination.</p> <p><i>Assertiveness and making decisions, page 51</i></p> <p>Students will develop and demonstrate assertiveness and decision-making skills.</p>
<b>4.</b> <b>Growing and changing</b> <b>Te tipu me</b> <b>te huri o te</b> <b>tangata</b>	Pubertal change Problem-solving and decision-making Inclusion and diversity Intimate relationships Responsibility Sexual attraction Gender identity Sexual orientation Respect for self and others Body image Feelings Support people Conception Contraception Safer sex Consent	<p><i>Pubertal change, page 57</i></p> <p>Students will review and identify the changes that take place during puberty and recognise that most of them happen to everybody.</p> <p><i>Managing pubertal change, page 61</i></p> <p>Students will explore how people experience pubertal change and identify and discuss practical ways of managing changes and feelings.</p> <p>Student will explore concepts about body image and how to foster positive body image.</p> <p><i>Getting to know our reproductive systems, page 66</i></p> <p>Students will explore the human reproductive system, its functions, and be comfortable using correct terminology.</p> <p><i>Conception, page 70</i></p> <p>Students will identify and describe the sequence leading to conception.</p> <p><i>Safer sex, page 73</i></p> <p>Students will explore contraception and its use in preventing pregnancy and sexually transmissible infections (STIs).</p>

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<b>5.</b> <b>Staying safe</b> <b>Te noho haumarū</b>	<p>Listening to our feelings, gut instinct</p> <p>Recognising safe and unsafe situations</p> <p>Problem-solving and decision-making</p> <p>Bullying and cyberbullying</p> <p>Digital citizenship</p> <p>Pornography and sexting</p> <p>Support people and community health care resources</p> <p>Celebrating our journeys and diversity</p>	<p><i>Listening to our feelings, page 79</i></p> <p>Students will develop a process for using their feelings to decide whether a situation or relationship is safe and what to do next.</p> <p><i>Online safety: Cyberbullying, page 83</i></p> <p>Students will identify and manage the impact of online bullying.</p> <p><i>Online safety: Pornography and sexting, page 87</i></p> <p>Students will think critically about online pornography and sexting and identify strategies to keep themselves safe.</p> <p><i>Who is on our maunga?, page 91</i></p> <p>Students will identify where they can find support in a range of situations.</p> <p><i>Celebrating our journeys, page 94</i></p> <p>Students will share the results of their inquiries.</p> <p>Students will reflect on and celebrate their learning about relationships and sexuality and how it can help them navigate their personal journeys.</p>

Teacher tips and ideas for making links to home and community are offered throughout the resource. Keep an eye out for these icons.



Teacher tips



Links to home and community