



Relationships and Sexuality Education

Wednesday 28th February

Dear Parents and Whānau,

We are starting our Relationships and Sexuality Education lessons from Monday 11th March. All of the lesson content covered follows the guidelines of the New Zealand Health curriculum.

To encourage home school partnerships and open communication with your child please find below a brief breakdown of the lessons and when we expect to teach these. This programme is the same programme that was taught previously.

Our relationship programme is a programme that meets appropriate objectives for each year group. Students are able to ask questions anonymously and if they are age and stage appropriate the teachers will answer them in a factual manner. Any questions that are not age and stage appropriate will not be answered and we will encourage them to ask them at home.

If you have any additional questions please feel free to come along to our information evening on Monday 4th March @ 6pm in Rōreka (the whare), where each team will briefly discuss the content they will be covering and answer any questions that you may have.

As a parent/caregiver you are entitled to request for your child to be removed from any lessons that you may feel uncomfortable about them being part of. This must be done in writing and addressed to myself.

Many thanks for your support and please do not hesitate to come and talk to us if you have any questions.

Justin Perriam
Tumuaki of Tuia Burnside Primary School



Curriculum Level 1: Year 0-2

Theme 1 Establishing a positive learning environment

- Understanding the learning journey and the landscape
- Caring for others
- What is cooperation?
- Being a good listener

Theme 2: Who am I?

- My name
- My pepeha
- Tell me what I do well
- How am I the same? How am I different?
- My whānau
- Gender roles

Theme 3: Relationships

- Respect for others
- Being a good friend
- Expressing my feelings
- How is JJ feeling?
- How I can help my whānau?

Theme 4: Growing and changing

- How my body moves
- My growing body and the things it can do
- My body parts
- How do we care for our bodies?

Theme 5: Staying safe

- Standing up for myself and others
- My body is mine
- Safe and unsafe touching
- Who can help me?



Curriculum Level 2: Year 3-4

Theme 1: Establishing a positive learning environment

- Understanding the learning journey and the landscape
- Building a positive classroom community
- Practicing cooperative skills

Theme 2: Who am I?

- My personal qualities
- The cultures in my classroom
- My whānau
- I am unique
- Gender diversity
- What makes me happy?

Theme 3: Relationships

- Growing healthy relationships
- Exploring manaakitanga
- Recognising and expressing my feelings
- Managing relationships and challenging situations
- Managing peer pressure
- Helping my whānau

Theme 4: Growing and changing

- What do I need to grow?
- Our physical differences
- Moving my body
- My changing body
- Caring for my body

Theme 5: Staying safe

- I'm the boss of my body
- Standing up for myself and others
- Staying safe online
- Who can help me with my worries?
- A recipe for my [wellbeing](#)



Curriculum Level 3: Year 5-6

Theme 1 Establishing a positive learning environment

- Understanding the landscape and creating a safe place for the journey
- Establishing safe ways to ask questions and inquire together

Theme 2: Who am I? Ko wai au?

- I am unique
- Understanding our personal learning journeys
- Recognising media influences on identity
- Thinking about gender

Theme 3: Relationships Ngā whanaungatanga

- Relationship qualities
- Different types of relationships
- Managing relationships
- Communication skills
- Understanding different perspectives
- Making decisions

Theme 4: Growing and changing

- Stages of life
- Pubertal change
- The human reproductive system
- Menstruation and conception
- Looking after our bodies
- Truths and myths about hygiene

Theme 5: Staying safe

- Safety online
- Available supports
- Supporting others
- Let's celebrate!

