



NEW ZEALAND

Family Planning

Navigating the journey: Relationships and sexuality education

Te takahi i te ara: Te mātauranga mō ngā hononga tāngata me te hōkakatanga



This complimentary resource has been designed to help you navigate the journey of relationships and sexuality education (RSE) along with the tamaiti/tamariki in your life.

Your school has chosen to use Family Planning's resource *Navigating the Journey: Relationships and Sexuality Education* to assist with their delivery of a comprehensive, age-appropriate RSE programme. This resource was created alongside educational and health promotion experts to ensure that all of the material aligns with the Ministry of Education's guidance.

RSE is an important component of the health and physical education learning area of the curriculum. While some may see the word sexuality and think that this part of the curriculum is only relevant to older students, RSE is actually a comprehensive and holistic programme that covers many topics. For younger learners, these topics include life skills, identity, respect, friendships and feelings, as well as the biological topic such as body parts and how reproduction works. For older students, topics such as puberty, intimate relationships, contraceptives and sexually transmissible infections feature. In the following charts, you can see what topics will be covered in each year with the *Navigating the Journey* resource.

	1. Establishing a positive learning environment Te whakarite i tētahi ao ako huapai	2. Who am I? Ko wai au?	3. Relationships Ngā whanaungatanga	4. Growing and changing Te tipu me te huri o te tangata	5. Staying safe Te noho haumaruru
Years 1-2	Care for others Cooperative skills Listening skills	Personal identity Personal strengths Similarities and differences Diverse family structures Gender roles	Respect Friendship Feelings and needs Family roles	Movement of bodies Body growth Body parts Personal hygiene Reproduction	Standing up for myself and others Safe and unsafe touch People who can help me On-line Safety
Years 3-4	Learning journey Contributing to a positive classroom community Caring for others Manaakitanga Cooperative skills	Personal identity Similarities and differences Cultural heritage Personal strengths Whānau Diverse family structures Gender diversity Gender stereotypes and roles Being happy	Respect Relationships Friendships Whanaungatanga Feelings and needs Peer pressure Family roles Family responsibilities	Growth and development Positive body image Movement of bodies Body parts Pubertal change Personal hygiene	Body ownership Bullying Safety strategies Standing up for myself and others Cybersafety People who can help me
Years 5-6	Respect for self and others Manaakitanga, aroha and responsibility Being inclusive Safe learning environment	Identity and uniqueness Influence of media Gender and gender stereotypes	Taking ownership of our personal opinions Qualities of friendships/relationships Different types of relationships Managing relationships Those who can support us Passive, aggressive and assertive communication Different perspectives Consent, body ownership Dilemmas and decision-making	Growth and development Reproduction and conception Managing hygiene and changes Gender and sexual identity Body image Media Stereotypes Relationships, roles and behaviours	Digital safety and citizenship Those who can support us Ways we can support others Celebrating the journey

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Years 7-8	<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>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>Relationships and their qualities</p> <p>Intimate relationships</p> <p>Sexual attraction</p> <p>Consent</p> <p>Inclusion and diversity</p> <p>Sexual orientation</p> <p>Gender identity</p> <p>Homophobia and discrimination</p> <p>Respect for self and others</p> <p>Responsibility</p> <p>Passive, aggressive, and assertive communication</p> <p>Problem-solving and decision-making</p> <p>Breaking up respectfully</p>	<p>Pubertal change</p> <p>Problem-solving and decision-making</p> <p>Inclusion and diversity</p> <p>Intimate relationships</p> <p>Responsibility</p> <p>Sexual attraction</p> <p>Gender identity</p> <p>Sexual orientation</p> <p>Respect for self and others</p> <p>Body image</p> <p>Feelings</p> <p>Support people</p> <p>Conception</p> <p>Contraception</p> <p>Safer sex</p> <p>Consent</p>	<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>
Years 9	<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>Challenging stereotypes</p> <p>Gender and sexuality identity</p> <p>Inclusion and diversity</p> <p>Body image</p> <p>Gender in the media</p>	<p>Relationship qualities, behaviours</p> <p>Effective communication</p> <p>Sexual attraction</p> <p>Problem-solving and decision-making</p> <p>Intimate relationships and consent</p> <p>Responsibility</p> <p>Inclusion and diversity</p> <p>Respect for self and others</p>	<p>Growth and development</p> <p>Pubertal change and reproductive systems</p> <p>Conception and menstruation</p>	<p>Gut instincts and feelings</p> <p>Taking action</p> <p>STIs and safer sex strategies</p> <p>Contraceptives</p> <p>Being safe online</p> <p>Cyberbullying</p> <p>Nudes, sexting and pornography</p> <p>Support people and agencies</p> <p>Celebrating the journey</p>

	1. Establishing a positive learning environment Te whakarite i tētahi ao ako huapai	2. Who am I? Ko wai au?	3. Relationships Ngā whanaungatanga	4. Growing and changing Te tipu me te huri o te tangata	5. Staying safe Te noho haumarū
Year 10	Growth and development Community health care resources Respect for self and others Responsibility Inclusion and diversity Relationships, roles, and behaviours	Gender and sexual identity Sexual orientation Challenging negative messages, discrimination, and gender stereotypes Being an active bystander Gender in the media Appreciating diversity	Relationship qualities and behaviours Unhealthy relationships Problem-solving and decision-making Supportive strategies, people, and organisations Types of relationships including sexual ones Respect for self and others Responsibility Love Sexual activities Law Pleasure and positive experiences Gut instincts Break ups Consent Decision-making around alcohol Pressures	Growth and development Pubertal change and reproductive systems Conception and menstruation	STIs and safer sex strategies Effective communication Contraceptives Pregnancy and abortion Alcohol and sexual decision-making Pornography Support people and agencies Celebrating the journey

For more information on relationships and sexuality education in schools, the Ministry of Education has pages dedicated to explaining about this area of the curriculum.

Primary school information

Secondary school information

Family Planning encourages talking to your tamaiti/tamariki about relationships and sexuality from all parents, caregivers, and whānau. This should actively compliment what is being talked about in the classroom, however, you may wish to talk to your tamaiti/tamariki before they have their RSE lessons in the classroom. To help you learn more and support you with these conversations at home, we have several resources available.

For a broad overview, you could check out our [advice page](#) on our website. We also have several resources available for download that provide information and activities that you can do in the home. These include:

[Open and Honest workbook](#) • [Q&A](#) • [Ngā Kākano](#)

You can also sign up for our [Open and Honest Zoom session](#) or encourage your school to organise an Open and Honest night for parents by contacting their local health promoter.