



YEAR 9

Year 9 Health is undertaken as a compulsory option during one term of the year- 3 hours a week (a total of 30 hours).

HAUORA	SEXUALITY EDUCATION
<p>Hauora is a Te Ao Māori view on Health. Students learn that being healthy is not just about being physically fit and eating well but being holistically healthy through strengthening our physical, social, mental/emotional and spiritual well-being, and how this will lead to greater overall health outcomes.</p> <p>Hauora forms the structure of the topics covered during the term. Possible topics covered include:</p> <p>TAHA TINANA (PHYSICAL WELLBEING) How we take care of our body through:</p> <ul style="list-style-type: none"> - Nutrition and exercise - Sleep - Screen time - Hygiene - Dangers of substances (Vaping, Drugs and Alcohol) <p>TAHA HINENGARO (MENTAL/EMOTIONAL WELLBEING)</p> <ul style="list-style-type: none"> - Resilience and coping strategies - Feelings and body cues - Relaxation - Anxiety and depression - Support groups - Problem solving <p>TAHA WAIRUA (SPIRITUAL WELLBEING)</p> <ul style="list-style-type: none"> - Personal identity - Culture/religion - Values and beliefs - Heritage <p>TAHA WHAANAU (SOCIAL WELLBEING)</p> <ul style="list-style-type: none"> - How to be a good friend - Positive relationship qualities - Assertiveness skills - Bullying (including online/cyber) - How to be safe online 	<p>Sexuality Education in Year 9 builds on knowledge learned during years 1-8 and explores how the teenage body grows and develops physically, mentally, emotionally and socially during puberty. The lessons also focus on the development of safe and positive relationships.</p> <p>Prior to these lessons taking place, whaanau are notified and have the choice to remove their student for all, or some of the topics covered.</p> <p>The resource that is used to help our students learn more about sexuality education is called "Navigating the Journey". This program and the resources included, has been created by Family Planning to provide teachers with a comprehensive unit of work that can be used to achieve the objectives of the Health Curriculum</p> <p>TOPICS CAN INCLUDE:</p> <ul style="list-style-type: none"> - Puberty - Healthy relationships - Gender and sexual identity - Celebrating diversity - Consent - Assertive behaviour - Conception - Contraception.



YEAR 10

Year 10 Health is a compulsory aspect of the junior curriculum. It is taught during term 2 and 3 for 1 period a week (30 hours overall). The topics taught are chosen by individual teachers and are based on the learning needs of the class. Students also have the ability to co-construct with their teacher what they would like to learn.

TOPICS CAN INCLUDE:	SEXUALITY EDUCATION
<p>HAUORA An extension of year 9, students learn how hauora can be impacted by others and strategies to improve wellbeing.</p> <p>MENTAL HEALTH In this unit, we explore mental health and illness, resilience and how to manage change in our lives. Support networks are identified and discussed.</p> <p>DRUGS AND ALCOHOL Students learn about different types of drugs and the impact these have on the body. How to be assertive and say no to peer pressure are also taught.</p> <p>FIRST AID Students learn basic first aid and are taught the skills needed to help others in an emergency situation and save a life.</p> <p>NUTRITION We explore how to eat well and why nutritional needs might differ between individuals, as well as the role of nutrients in our body.</p> <p>SOCIAL MEDIA How to stay safe on social media- the benefits and dangers.</p> <p>VAPING The dangers of vaping and reasons why people might vape are explored. Addictions and where to get help are also looked at.</p> <p>CONFLICT RESOLUTION Students learn what conflict resolution is and how emotions affect decision making. Common sources of conflict, as well as strategies are studied.</p>	<p>Sexuality Education is the only compulsory topic of our Year 10 health program, as research shows that young people are more likely to postpone sexual activity and engage in safer sex practices when they have participated in comprehensive relationship and sexuality education programmes.</p> <p>Whaanau are notified in advance of the unit being taught and have the option to remove their student for all, or some topics.</p> <p>Like Year 9 Health, the resource that is used by teachers to help our students learn more about this topic is called "Navigating the Journey".</p> <p>TOPICS INCLUDE:</p> <ul style="list-style-type: none"> - Healthy and unhealthy relationships - Pubertal change and reproductive systems - Gender identity - Decision making - Communication and assertiveness - Gender and the media - Consent - Conception and pregnancy - Contraception and STIs - Pornography- laws and impacts



NCEA LEVEL 1, 2 and 3

Students have the opportunity to select the following senior health courses in year 11, 12 and 13.

YEAR 11 HEALTH	YEAR 12 HEALTH	YEAR 13 HEALTH
<p>This course builds on the knowledge learned in Year 9 and 10 Health. Focusing specifically on personal well-being, we learn about impacts on our hauora, as well as strategies to enhance. In this program, a maximum of 3 standards below are taught.</p>	<p>Year 12 Health focuses on the wellbeing of others and communities. Students start to learn about health determinants and inequities in the world around them. Strategies to address these are discussed and problem solved.</p>	<p>Year 13 Health focuses on health issues in Aotearoa and the wider world. Critical thinking skills are developed and used in this course as we look at social justice issues and inequities, and the impact these have on the well-being of a country.</p>
<p>ACHIEVEMENT STANDARDS</p>	<p>ACHIEVEMENT STANDARDS</p>	<p>ACHIEVEMENT STANDARDS</p>
<p>1.1 Take action to enhance as aspect of personal wellbeing</p> <p>1.2 Demonstrate understanding of influences of adolescent eating patterns to make health enhancing recommendations</p> <p>1.3 Demonstrate understanding of ways in which wellbeing can change and strategies to support wellbeing</p> <p>1.4 Demonstrate understanding of interpersonal skills used to enhance relationships</p> <p>1.5 Demonstrate understanding of strategies for promoting positive sexuality</p> <p>1.6 Demonstrate understanding of issues to make health-enhancing decisions in drug related situations</p>	<p>2.1 Analyse an adolescent health issue</p> <p>2.2 Evaluate factors that influence people's ability to manage change</p> <p>2.3 Take action to enhance an aspect of people's wellbeing within the school or wider community</p> <p>2.4 Analyse an interpersonal issue(s) that places personal safety at risk</p> <p>2.5 Analyse issues related to sexuality and gender to develop strategies for addressing these</p>	<p>3.1 Analyse a New Zealand Health Issue</p> <p>3.2 Analyse an International Health Issue</p> <p>3.3 Evaluate health practices currently used in New Zealand</p> <p>3.4 Analyse a contemporary ethical issue in relation to wellbeing</p> <p>3.5 Evaluate models for health promotion</p>