Teaching and learning resources for sexuality education

The resources in the table below provide teacher guidance, lesson outlines and student activities. Resources that are free have an asterisk next to them, others incur a cost. See also http://shop.familyplanning.org.nz/resources for a range of resources to support sexuality education (pamphlets, contraceptive teaching kit, reproductive system boards, labels and answers).

Years 0-6

	Ka puāwai, ka hiki ki te haere (Sexuality Education Years 1 to 4) (2013) This resource is designed for use in sexuality education for years 1 to 4. It contains interactive classroom activities that build on and reinforce learning through the years. Contents includes: • Creating safe environment • How to show respect • Self in relation to others – similarities and difference • Self in relation to gender • Identifying own strengths • Making friends • Identifying and managing feelings • Body parts • Growth • Caring for the body • Identifying who can help.	http://shop.familyplanning.org.nz/ka-puawai-ka-hiki-ki-te-haere
	The Sexuality Road (2009) The Sexuality Road – Discovering Me is a programme designed for Year 5 - 8 primary school students. Each topic is built on through the four year programme to ensure that students cover issues relevant to them at an appropriate age. It covers: • changing bodies and feelings • relationships • communication and decision-making • reproduction • support systems.	http://shop.familyplanning.org.nz/the-sexuality-road-year-5 http://shop.familyplanning.org.nz/the-sexuality-road-year-6 http://shop.familyplanning.org.nz/the-sexuality-road-year-7 http://shop.familyplanning.org.nz/the-sexuality-road-year-8
*	**The Curriculum in Action: Positive Puberty (note that this is currently being revised)** This online version of the *Positive Puberty* book includes suggestions for activities that can help young people in years 6, 7, and 8 to: • understand the physical and emotional changes that accompany puberty;	http://health.tki.org.nz/Key-collections/Curriculum-in-action/Positive-Puberty

	• develop understanding of factors that may affect the way their families handle those changes; • become aware of how their relationships with those around them may change during puberty.	
*	**Catching on Early** (Australian resource) This resource uses active learning strategies to build on students' early learning and experiences about gender, bodies and relationships. It combines the biological, social and emotional aspects of sexuality education to assist schools in meeting students' needs as they relate to sexual growth and change.	https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/catchingoneyrsv.pdf

Years 7-13

*	**The practical guide to Love, Sex and Relationships** A new Australian (La Trobe University) teaching and learning resource for sexuality education. Two sets – years 7-8 and years 9-10 (Australian – this is year 8/9 and 10/11 NZ).	http://www.lovesexrelationships.edu.au/
	Affirming Diversity (revised 2007) A practical guide for teachers and other workers with youth to support them in creating safer environments for same-sex attracted and transgender young people. The booklet contains information and activities designed to help teach all young people about diversity in sexual orientation and gender identity.	http://shop.familyplanning.org.nz/affirming-diversity
	Alcohol and sexuality An electronic resource for use in secondary schools which aims to provide young people with the opportunity to: • discuss the impact of alcohol consumption on sexuality and relationships • explore and develop values and attitudes around sexuality, alcohol and risk taking • practice skills in assessing and managing risk.	http://shop.familyplanning.org.nz/alcohol-and-sexuality
	Hei Huarahi – year 9 (2013) A teaching resource for Year 9 students created to continue on from The Sexuality Road - Discovering Me programme. The resource is a nine lesson programme designed to be facilitated by the class teacher with a range of themes and activities. Consists of: • a manual on a disc • lesson theme cards • conception and the stages of pregnancy photos.	http://shop.familyplanning.org.nz/hei-huarahi-year-9-pack

	Hei Huarahi – year 10 (2010) A teaching resource for year 10 students created to continue on from The Sexuality Road – Discovering Me programme. The programme has been designed to be facilitated by the class teacher, and directed by the students. Consists of: • manual on disc • 20 magnetic topic cards.	http://shop.familyplanning.org.nz/hei-huarahi-year-10-pack
	Te Piritahi – exploring relationships (2008) A resource for teaching 10-18 year olds about relationships. This resource was created to assist in the delivery of Sexuality and Relationships Education from Year 7-12. Te Piritahi aims to develop awareness and understanding about healthy and unhealthy relationships. It contains a range of interactive activities that address a range of topics including: • friendship • decision-making • consent • intimacy in relationships • relationship abuse.	http://shop.familyplanning.org.nz/te-piritahi-exploring-relationships
*	**Consent Toolkit (2015)** A toolkit for secondary teachers to help them discuss and teach about consent in their classrooms as part of their programme. The free toolkit includes activities that enable young people to work out what they do and don't want to do or participate in, and build assertiveness, communication and negotiation skills. All the activities can be modified or adapted to suit the needs of the young people and the school environment.	http://www.familyplanning.org.nz/news/2015/new-consent-toolkit-for-teachers
*	**Social and Ethical Issues in Sexuality Education: A resource for health education teachers of year 12 and 13 students.** Christchurch College of Education, Gillian Tasker (2004).	This was available through PLD provided in the 2000's and is no longer produced, but many schools have a copy.
*	**Inside Out: Rainbow Youth** A teaching and learning resource to help increase understanding and support of sex, gender and sexual diversity.	http://insideout.ry.org.nz/
*	**NZHEA: Activities for exploring the issue of pornography (2015)** A teaching and learning resource to support learning in the context of pornography.	https://healtheducation.org.nz/sexuality-education/teaching-and-learning/