

Plan sexuality and gender education years 1-8

A suggestion for implementing the strategy

'Develop an inclusive classroom and curriculum' from the Guide: [LGBTIQA+ students](#)

Includes:

- Use the Sexuality Education Guide
- Explore Te Whare Tapa Whā
- Focus areas in years 1-6
- Understand stages of development
- Tips for developing programmes
- Useful resources

Inclusive Education

From

Guide: [Supporting LGBTIQ+ students](#)

Strategy: [Develop an inclusive classroom and curriculum](#)

Suggestion: [Plan sexuality and gender education years 1-8](#)

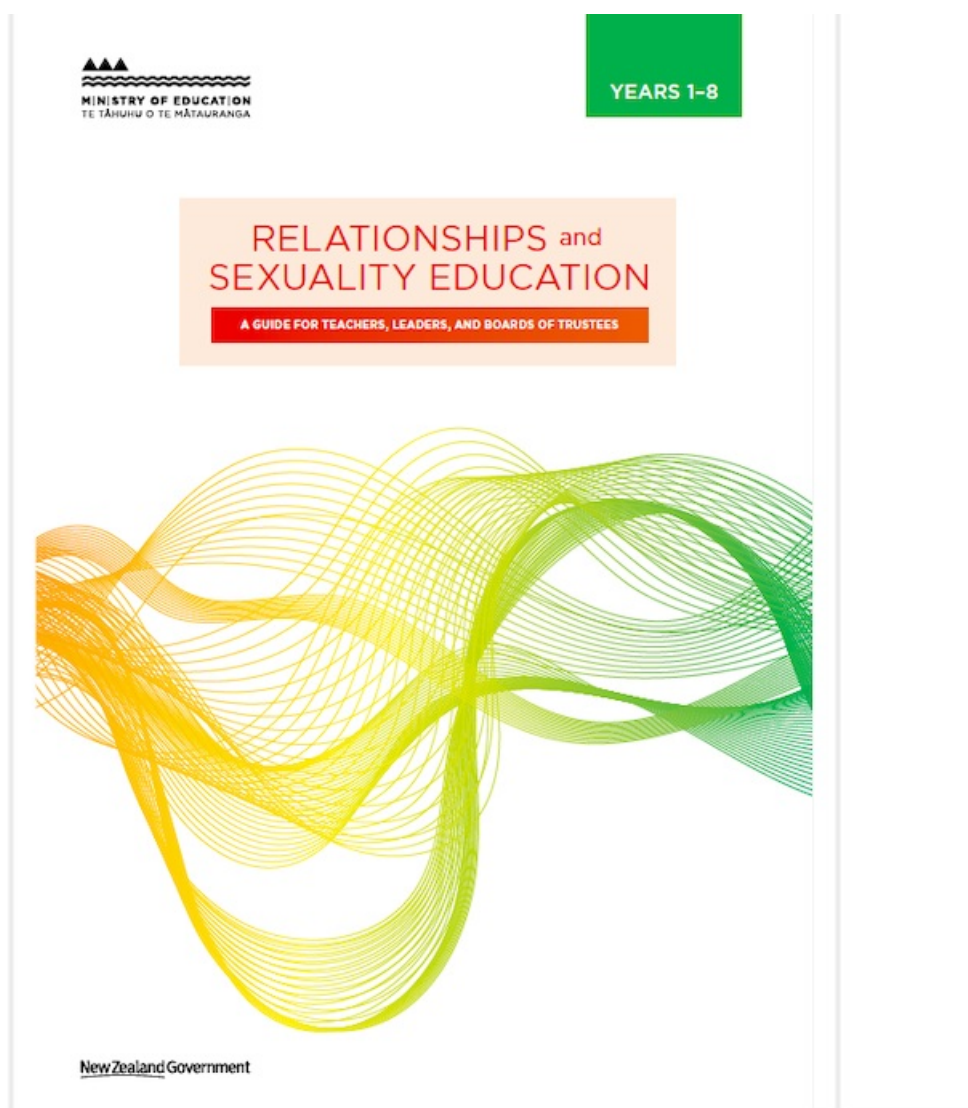
Date

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inclusive.tki.org.nz/guides/supporting-lgbtiqa-students/plan-sexuality-and-gender-education-years-1-8

Use the Sexuality Education Guide



Source:

Ministry of Education | Te Tāhuhu o te Mātauranga

<http://health.tki.org.nz/Teaching-in-HPE/Policy-guidelines/Sexuality-education-a-guide-for-principals-boards-of-trustees-and-teachers>

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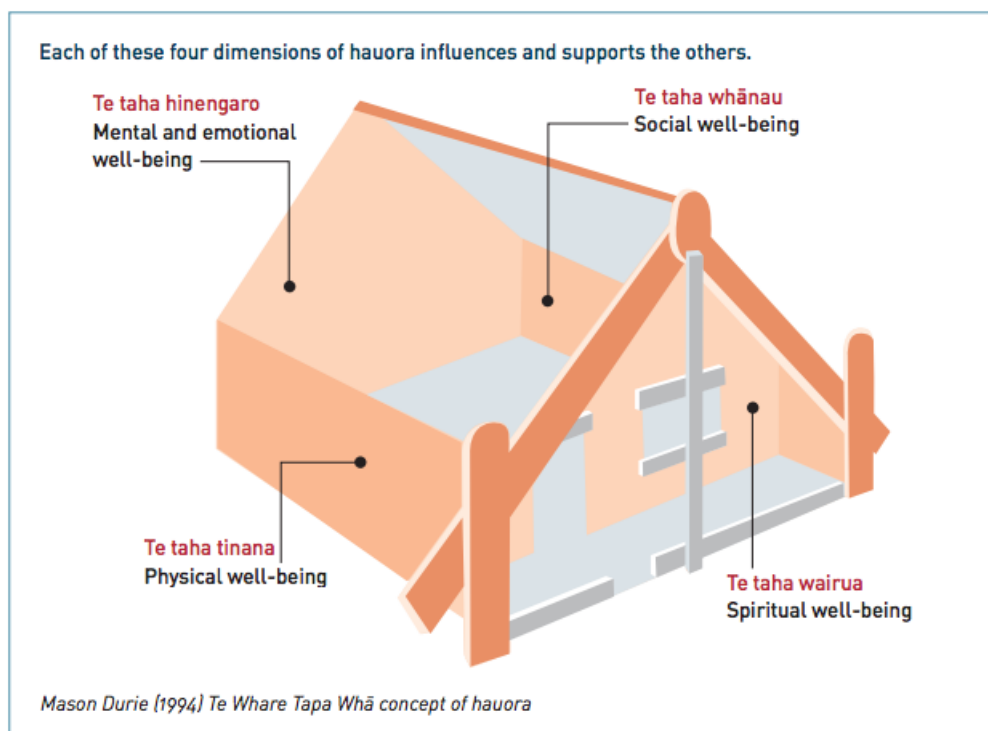
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Explore Te Whare Tapa Whā



Source:

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<http://health.tki.org.nz/Teaching-in-HPE/Policy-guidelines/Sexuality-education-a-guide-for-principals-boards-of-trustees-and-teachers>

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Focus areas in years 1-6

Develop classroom programmes that respect the diverse values and beliefs of students and of the community.

Students will learn about:

Years 1-3

- growth and development
- the human body
- friendships and family relationships
- changes in growth and identifying body parts
- questioning and discussing gender stereotypes and norms
- sharing and expressing feelings

Years 4-6

- pubertal change
- growth and development
- supporting themselves and others through change
- developing a positive body image
- how social messages and stereotypes about relationships, sexuality, and gender affect wellbeing
- planning strategies for positive relationships
- identifying risks and issues in online and social media environments
- messages related to gender, sexuality, and diversity
- accessing health care.

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Understand stages of development

Design learning programmes that meet students' developmental stages

Ages 5-8

- By the age of six, most children show an interest in how babies are made.
- They will want to know how the egg and sperm get together.
- They are interested in pregnancy and birth.
- Some children in this age group may be aware of the connection between “making babies” and sexual pleasure.
- They are likely to hear stories about sex in the playground.
- Some children will become aware that not everyone is heterosexual.
- They have a growing awareness of sanctioned gender roles, such as “girls don't play soccer” or “boys don't cry”.

Ages 9-12

- Children's bodies develop and change while at primary school.
- All children need to know about puberty before it happens.
- Sometimes children feel anxious about puberty.
- Children have a growing interest in sex. They may look up information in books, tell rude jokes and talk with their friends about sex.
- They may go into and out of gender segregation, applying harsh gender stereotypical rules and censure to each other's behaviour.
- Some children will have an interest in expressing their sexuality in dress.

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Tips for developing programmes

Successful programmes are:

- ✓ well planned, informed by theory and evidence, and up-to-date
- ✓ integrated into the curriculum, with clear achievement objectives identified
- ✓ aimed at influencing specific risk factors/protective factors/core competencies
- ✓ focused on developing personal and social skills
- ✓ developmentally, personally, and culturally appropriate
- ✓ designed to include critical thinking and reflection
- ✓ not focused solely on dangers, risks, and prevention but explore the meanings associated with sex and sexuality for individuals and society
- ✓ assessed according to learning (not behaviour)
- ✓ connected with the social worlds of children and young people
- ✓ informed by the needs and perspectives of students
- ✓ linked with families and communities
- ✓ considerate of environmental influences and contemporary issues and practices
- ✓ designed using active and interactive teaching methods, including inquiry-based learning
- ✓ planned and delivered by teachers who have the requisite knowledge and the appropriate skills, values, and qualities
- ✓ resourced appropriately, including in relation to teachers' professional development needs
- ✓ supported by documented guidelines and school-wide practices.

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Useful resources



Inside Out for Year 7–8 students

Publisher: RainbowYOUTH

[Visit website](#)



Sexuality education for curriculum levels 1–4

Read time: 10 min

Publisher: Ministry of Education | Te Tāhuhu o te Mātauranga

[Visit website](#)



Primary/Intermediate teaching resources

Publisher: New Zealand Family Planning

[Visit website](#)

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