



Somewhere under the Rainbow

**An Introduction to Year 10
Sexuality Education**



The Birds & the Bees

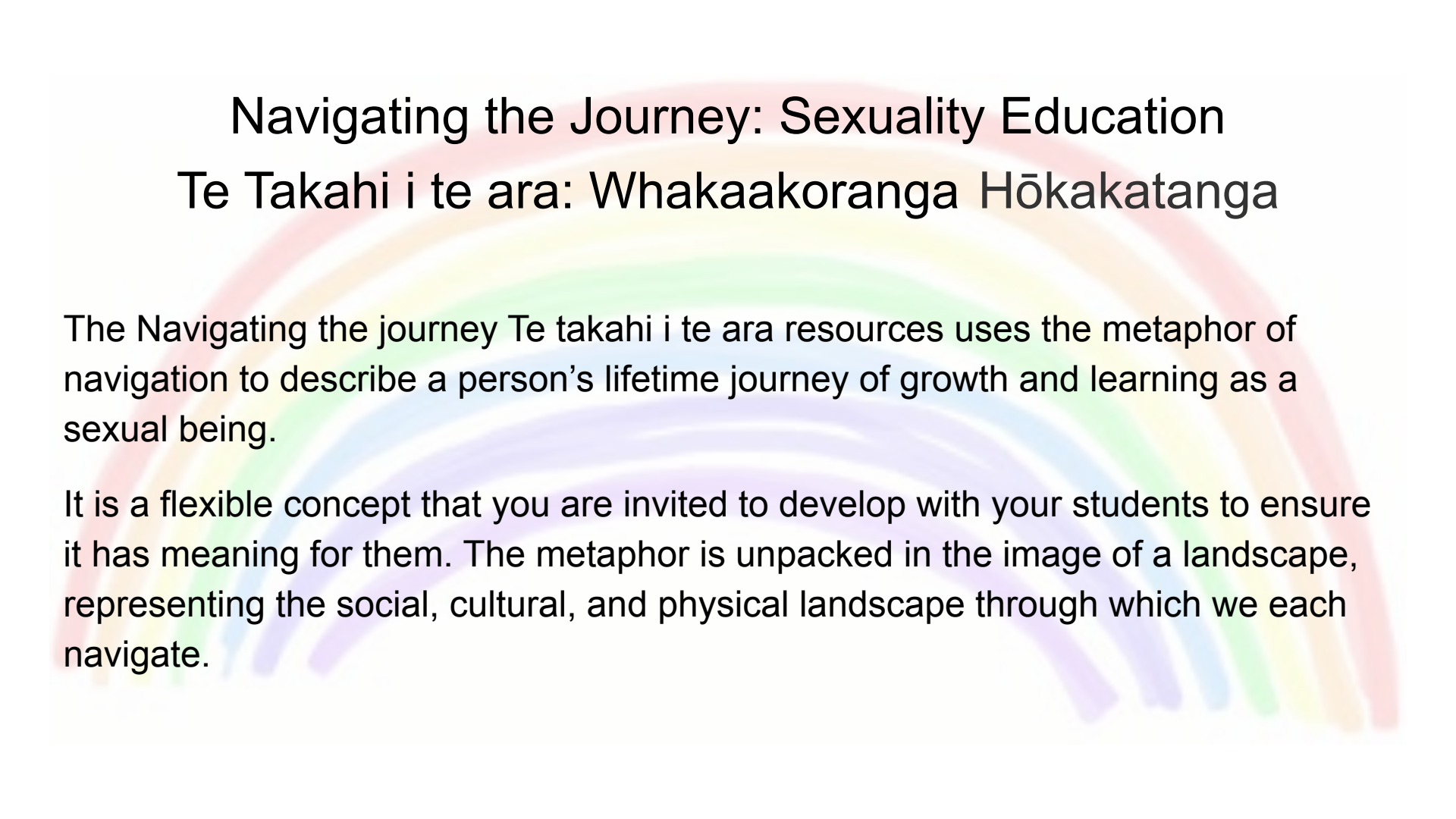
Have you talked to your parents or caregivers about the 'birds & the bees?'

Why/why not

What is sexuality education?

Sexuality education is one of seven key areas of learning in health and physical education. It aims to provide students with the **knowledge, understandings, and skills to develop positive attitudes towards sexuality and to enhance their interpersonal relationships.**

Sexuality education is different from sex education. The latter relates only to the physical aspects of sexual health and reproductive knowledge. **Sexuality is a far broader concept that includes the physical, social, mental, emotional, and spiritual aspects of hauora (wellbeing).**

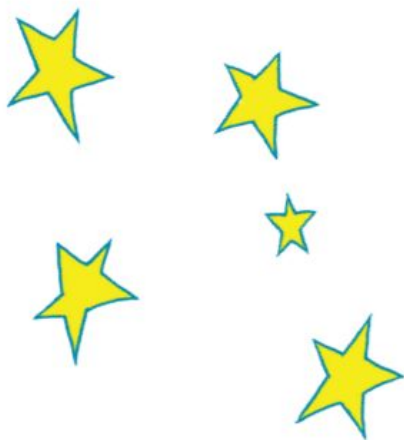


Navigating the Journey: Sexuality Education

Te Takahi i te ara: Whakaakoranga Hōkakatanga

The Navigating the journey Te takahi i te ara resources uses the metaphor of navigation to describe a person's lifetime journey of growth and learning as a sexual being.

It is a flexible concept that you are invited to develop with your students to ensure it has meaning for them. The metaphor is unpacked in the image of a landscape, representing the social, cultural, and physical landscape through which we each navigate.



Establishing a positive learning environment Te whakarite i tētahi ao ako huapai

Who am I? Ko wai au?

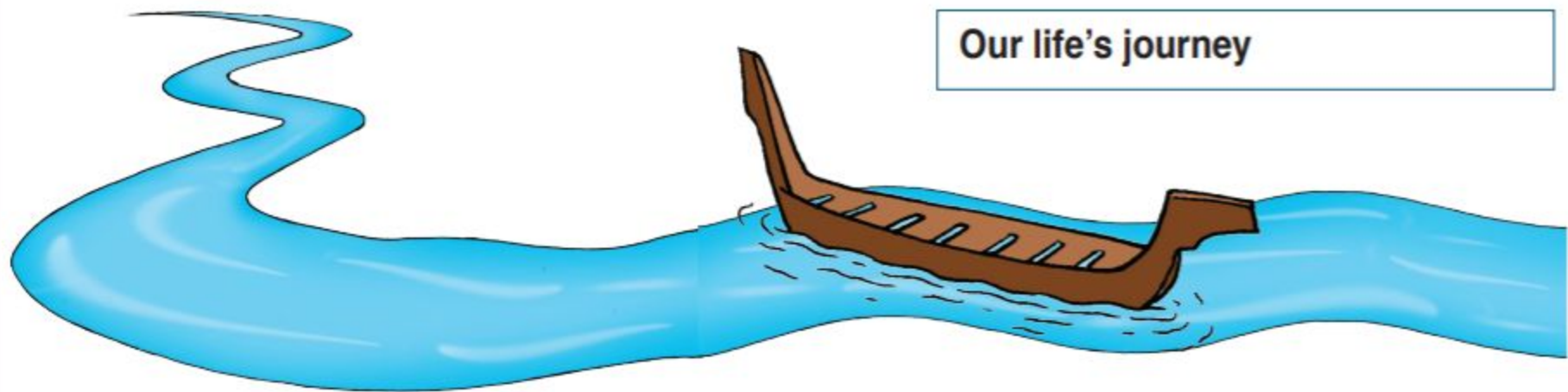
Relationships Whanaungatanga

Growing and changing Te tipu me te huri o te tangata

Staying safe Te noho haumarū

Whoever we are, our tūpuna (ancestors) were once navigators who used the stars to travel the oceans. Even today, travellers on sea and on land use the Southern Cross to find their way safely home. In these resources, the five **whetū** (stars) of Te Pae Mahutonga (the Southern Cross) represent the five learning themes.

The **awa** (river) represents our life's journey and the **waka** (boat) represents the concept of travel. While the themes provide guidance for this shared learning experience, we are each on our own unique journey that will include individual inquiry and exploration.



Our life's journey



Taha tinana (physical wellbeing)

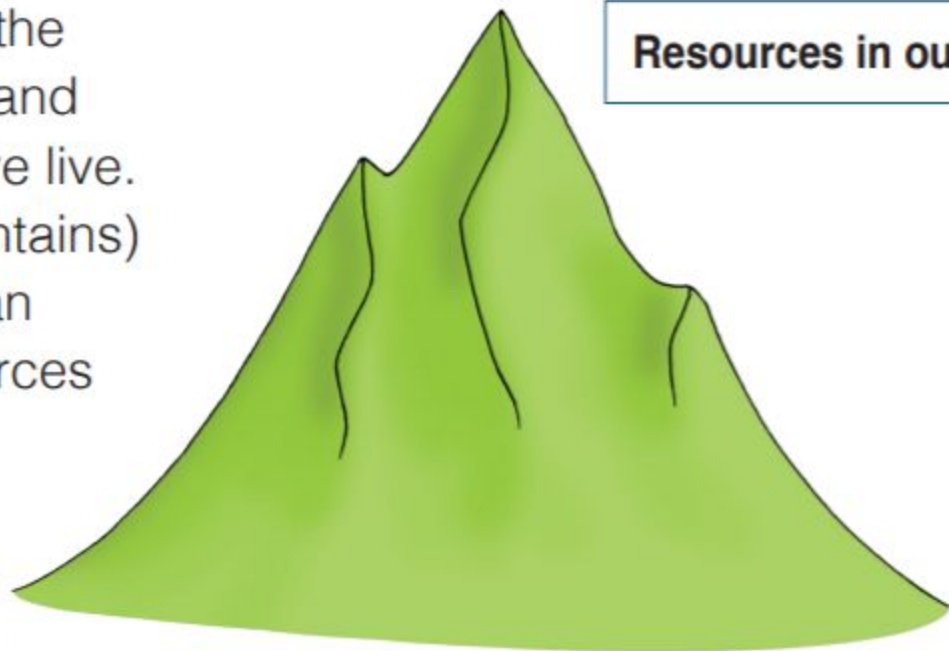
Taha hinengaro (mental and emotional wellbeing)

Taha whānau (social wellbeing)

Taha wairua (spiritual wellbeing)

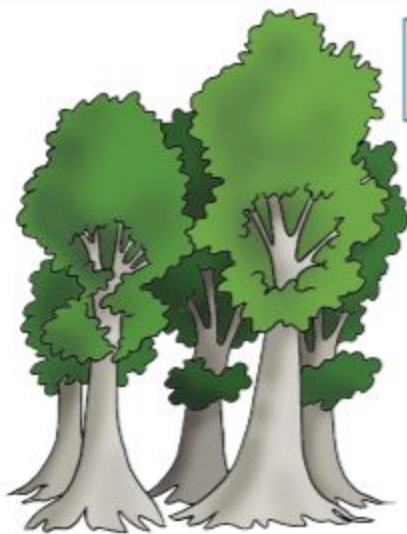
The *Whare Tapa Whā* model of hauora (Durie 1994) has endured for over 30 years. As we strengthen in the four dimensions of hauora, we gain the strength and resilience needed to navigate and find meaning in the journey.

We are shaped by the people in our lives and the places where we live. The **maunga** (mountains) represent the human and physical resources in our environment. The healthier our environment, the healthier we will be.



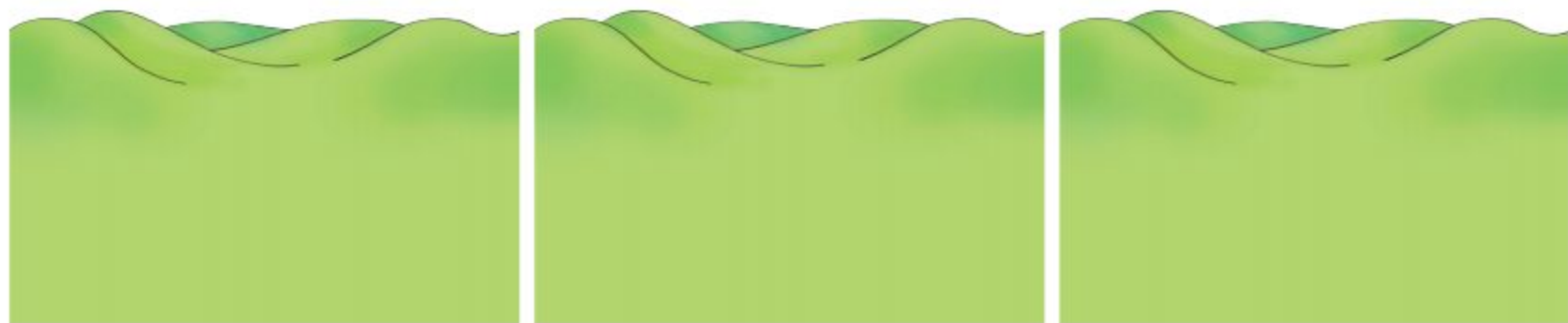
Resources in our environment

The **forest of Tāne** represents the key competencies. Our learning about sexuality should connect with and promote growth in each of the key competencies.



The key competencies

The **whenua** provides the foundation for who and what we are. It is a foundation made up of our whakapapa, language, culture, and identity.



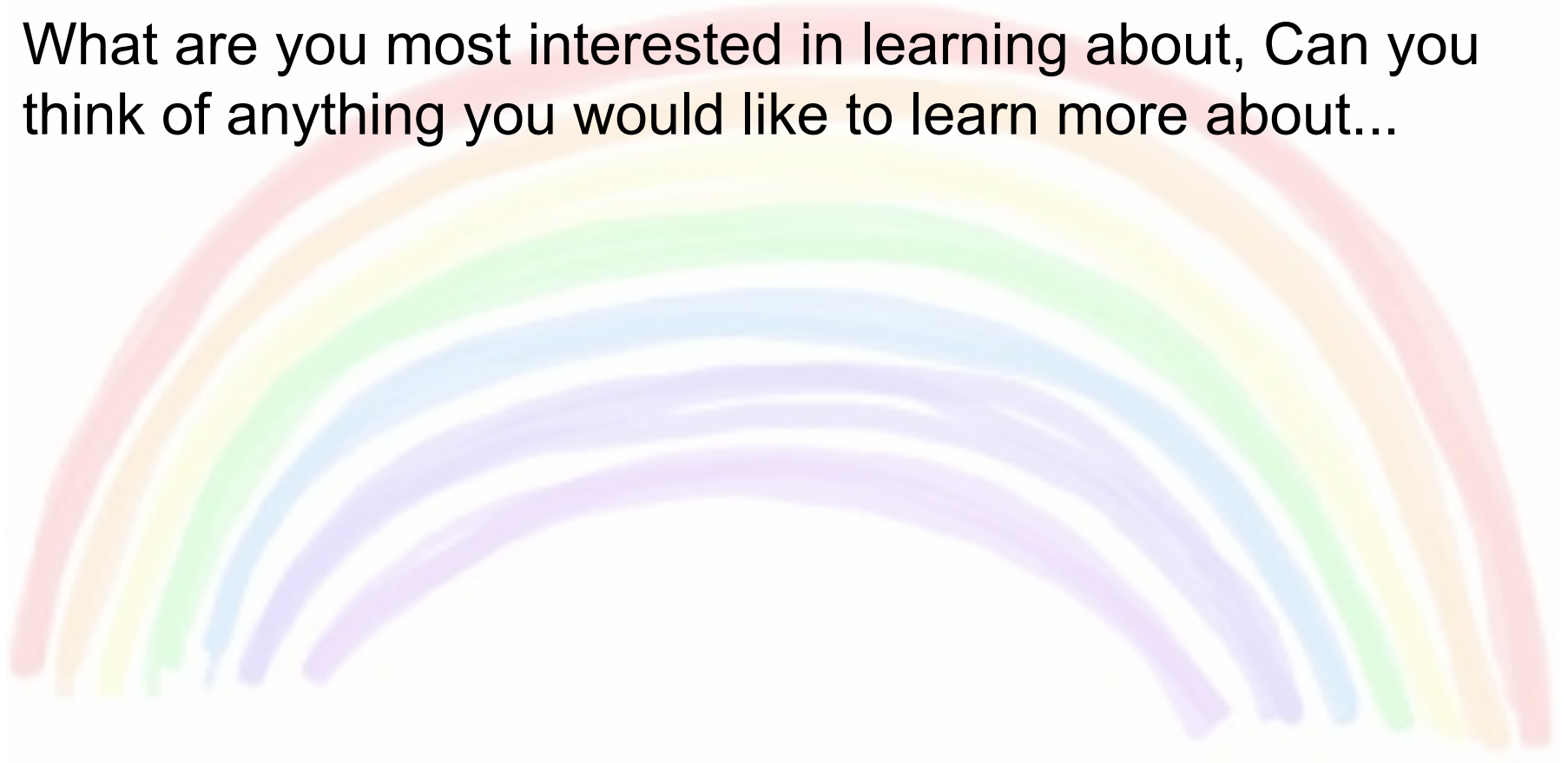


Topics - (chosen by PE dept)



- Gender Identities
- Gender and cultural identities
- Sex as a taonga
- Using contraception
- STI's
- Consent
- Services in the community
- Power dynamics
- Safe / not safe

What are you most interested in learning about, Can you think of anything you would like to learn more about...



Class Guidelines



Establishing a positive
learning environment
Te whakarite i tētahi
ao ako huapai

As a class we are going to come up with some
Specific guidelines that will help us to create a
Positive and safe environment,,,

Statements to Discuss

Strongly Agree

Agree

On the Fence

Disagree

Strongly Disagree

-
- Sexuality Education should be the responsibility of parents only
 - Sexuality Education should be offered at senior year levels also
 - Parents should have the right to remove their child from Sexuality lessons
 - We don't need sexuality education anymore, as we have the internet

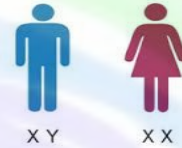
Sexual Maturity- A Journey



- A baby's sex is determined at the moment of conception – when the sperm contributed a Y chromosome, which creates a boy, or an X chromosome, which creates a girl. Boys' and girls' genitals develop along the same path with no outward sign of **gender** until about nine weeks.
- Between week 7 and week 12 of **pregnancy**, the foundations of a baby's **sex** organs **develop**. At about week 9, a baby boy's genitals begin the process of becoming male. The genital ridge starts lengthening around week 9 to form the penis.
- **My body**. Many parents have called their doctors expressing concern because their kids touch their genitals during diaper changes or their baby boys have frequent erections. They're reassured that these behaviors are perfectly normal and told that even the youngest children naturally explore their bodies. And many kids, especially toddlers, enjoy being naked.
- By **age 2 or 3**, a child **starts to develop** a sense of being a male or female. This awareness is called **gender** identity. Kids this **age** start to understand the difference between boys and girls, and can identify themselves as one or the other.
- And at this age kids begin to associate certain behaviors, called **gender roles**, with being male or female. Gender roles are culturally derived. What is masculine? What is feminine? How do boys and men behave? How do girls and women behave? As you decide what you want to teach your kids about gender roles, be aware of the messages they get both in and out of the home.
- During adolescence (usually considered **age 10** to the late teens or early 20s), boys and girls reach adult height and weight and undergo **sexual maturation** (puberty).

What is SEX?

- sex: categories (biological characteristics that make a person female or male) (XX female or XY male)
- The act of sexual intercourse



- We all know what sex is. But sex is only a small part of who we are as sexual beings. Even people who are not having sex are sexual beings. And so there's another word that you should know and use too. That word is sexuality...



The Purpose of Sex

Most animals have sex to produce more of their species. Humans are about the only animals (apart from dolphins?) that have sex for pleasure.

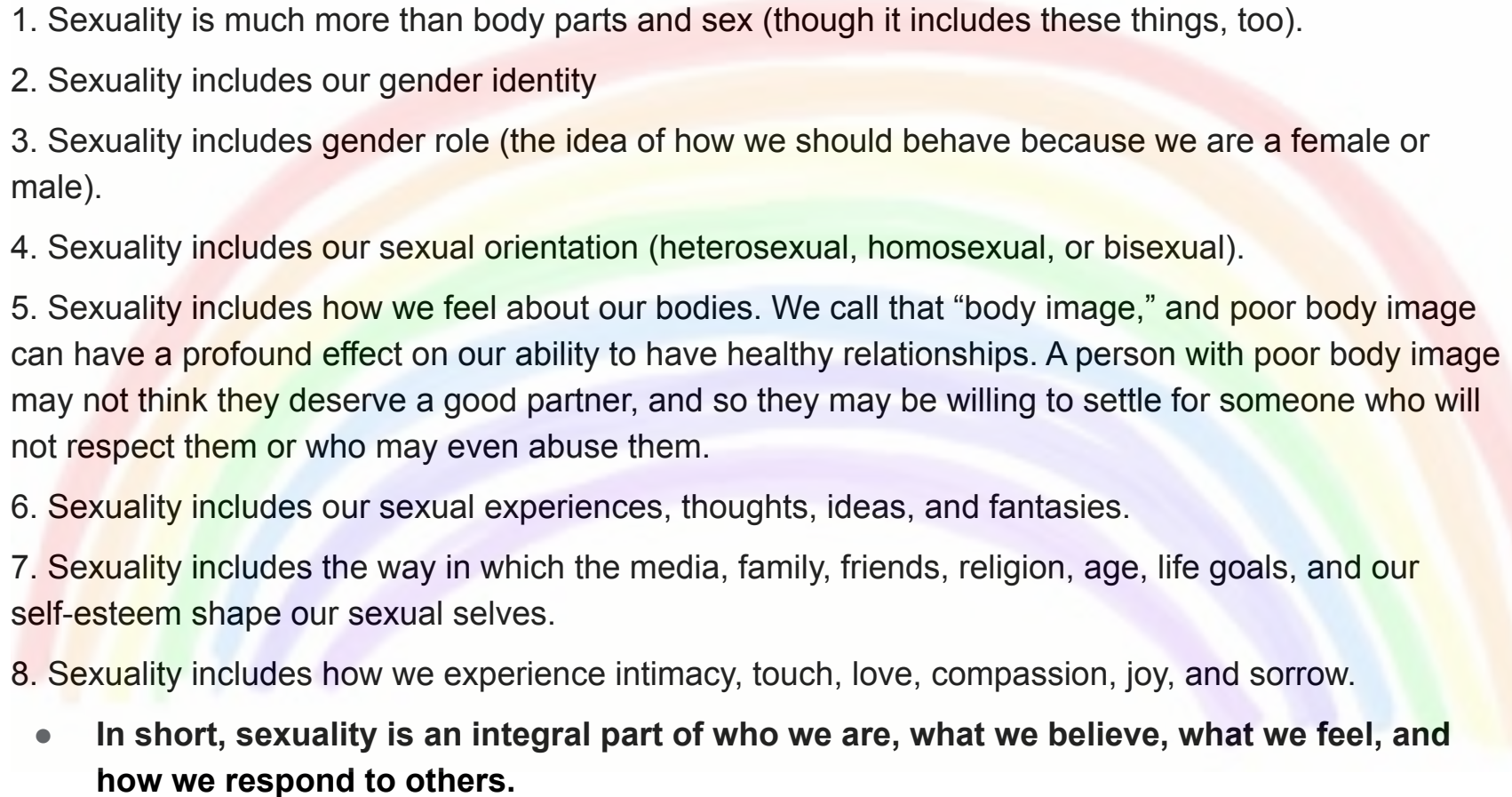
Most animals that produce babies are ready to do so. Humans might be physically able to have babies at a young age, but are not really ready emotionally or mentally. (Our brains aren't developed enough as teenagers).



What is SEXUALITY?

- **A person's sexual orientation or preference**
- sexual orientation: a person's emotional and sexual attraction to others. It can be fluid and may or may not reflect sexual behaviours
- **Sexuality includes:**
 - -How you feel about yourself and your body
 - -When and how you express your feelings
 - -Your attitudes towards sex
 - -How you treat other people
 - -What attracts you to other people
 - -The sort of decisions you make about your sexual b



- 
1. Sexuality is much more than body parts and sex (though it includes these things, too).
 2. Sexuality includes our gender identity
 3. Sexuality includes gender role (the idea of how we should behave because we are a female or male).
 4. Sexuality includes our sexual orientation (heterosexual, homosexual, or bisexual).
 5. Sexuality includes how we feel about our bodies. We call that “body image,” and poor body image can have a profound effect on our ability to have healthy relationships. A person with poor body image may not think they deserve a good partner, and so they may be willing to settle for someone who will not respect them or who may even abuse them.
 6. Sexuality includes our sexual experiences, thoughts, ideas, and fantasies.
 7. Sexuality includes the way in which the media, family, friends, religion, age, life goals, and our self-esteem shape our sexual selves.
 8. Sexuality includes how we experience intimacy, touch, love, compassion, joy, and sorrow.
 - **In short, sexuality is an integral part of who we are, what we believe, what we feel, and how we respond to others.**


What is GENDER?

- gender identity: a person's internal sense of identity as female, male, both or neither, regardless of their biological sex
- gender expression: how a person presents their gender.


This can include their appearance, name, and pronoun

(e.g., he, she, they, zie, zim)


Gender is...



a spectrum



a range of expression



how you relate to yourself

HELLO
my name is

Me!

a personal identity

Gender is not..



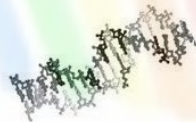
just male or female



defined by body parts



sexual orientation



determined by chromosomes

Influences on Sexuality

MEDIA

Social media, Apps, TV, radio, music videos and magazines.

PEERS AND SCHOOL

Subjects they talk about, the tone they use when speaking, the way they dress

SOCIAL

Society – gives signals. Eg laws, social rules on acceptable behaviour, fashion trends etc



FAMILY

Demonstration of affection, talk openly. Sex might be something no one talks about

CULTURE AND RELIGION

EG. No sex before marriage, priests vow of celibacy, arranged marriages

Question Box



Using a question box enables students to ask questions anonymously.

Your anonymity is always protected and that all questions can be viewed only by the teacher/s.

Guidelines for using the question box

Students must not ask each other to disclose their questions.

Personal questions directed to teachers or students won't be answered.

Everyone submits something on paper (a drawing, or short statement) so that individual students cannot be connected to specific questions.