

Navigating the Journey

Te takahi i te ara

Term 3 - 2024

Kia ora Parents/Caregivers

During Weeks 3-5 of Term 3, all classes at Kapakapanui School will be participating in the Navigating the Journey programme.

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

Navigating the Journey is a comprehensive age-appropriate programme about relationships and sexuality developed by Family planning for delivery in primary and secondary schools. This programme is aligned with the Ministry of Education's guidelines for relationship education and sexuality education.



This programme is also aligned with the health and physical education learning area of The New Zealand Curriculum. 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. **The term Sexuality refers to the physical, social, mental, emotional, and spiritual aspects of hauora (wellbeing).**

Further information regarding sexuality education learning in schools can also be found at:
<https://parents.education.govt.nz/primary-school/learning-at-school/sexuality-education/>

Learning activities in this resource have been designed around five themes: Classes cover the topics over a 2 year period.

- Establishing a positive learning environment Te whakarite i tētahi ao ako huapai
- Who am I? Ko wai au?
- Relationships Ngā whanaungatanga
- Growing and changing Te tipu me te huri o te tangata
- Staying safe Te noho haumaruru

The key concepts that will be covered in each year level for 2024 are listed in the table below. Individual teachers will make adaptations to suit the needs of their class. These themes continue and progress through the resource as children move up the levels in the school. Therefore delivering a coherent, school-wide sexuality education programme.

If you wish to find out more detail about any specific lessons please see your class teacher

Ngā mihi nui
Kapakapanui School teachers

Year 1-2	Year 3-4
Relationships <ul style="list-style-type: none"> • Respect for others • Being a good friend • Expressing my feelings • How can I help my Whānau Growing and changing <ul style="list-style-type: none"> • My body parts • How do we care for our bodies? Staying Safe <ul style="list-style-type: none"> • Standing up for myself and others • My body is mine • Safe and unsafe touching • Who can help me 	Who am I? <ul style="list-style-type: none"> • Personal qualities Relationships <ul style="list-style-type: none"> • Growing healthy relationships • Managing peer pressure Growing and changing <ul style="list-style-type: none"> • My changing body • Caring for my body Staying Safe <ul style="list-style-type: none"> • Ways to stay safe • Standing up for myself and others • Who can help me with my worries?

Year 5-6	Year 7-8
Who am I? <ul style="list-style-type: none"> • I am unique Relationships <ul style="list-style-type: none"> • Different types of relationships • Managing relationships • Communication skills Growing and changing <ul style="list-style-type: none"> • Stages of life • Pubertal change • The human reproductive system • Menstruation and conception • Looking after our bodies • Truths and myths about hygiene 	Growing and changing <ul style="list-style-type: none"> • Pubertal Change • Managing pubertal change • Getting to know our reproductive systems • Conception • Safer Sex