

Health Outline – Yr 7-10 2019

	Yr 7	Yr 8	Yr 9 (Module)	Yr 10
Term 1	Introduction to Hauora	Recap Hauora & Wellbeing	Recap Hauora & Wellbeing	Recap Hauora & Wellbeing
Term 2	Identity & Wellbeing (Mental Health Education and Hauora)	Developing Resilience & Grit (Mental Health Education and Hauora)	Relationships Taught as a Module of 12 lessons in either Term 1, 2, 3 or 4 <ul style="list-style-type: none"> • Healthy Happy Teenager • Hauora • Getting To Know You • Healthy Relationships • Keeping Ourselves Safe/Consent • Speak Up/Be Assertive • What's Love Got To Do With It? • Alcohol – Resisting Pressure, KOS @ Parties • Anti-Bullying • Make A Change • Social Media (Hei Huarahi)	Sexuality & Consent (Hei Huarahi)
Term 3	Puberty – Growing & Changing (FP Navigating the Journey: Sexuality Education)	Relationships (FP Navigating the Journey: Sexuality Education)		Nutrition
Term 4	Expressing Feelings, Relationships & Caring for others' Wellbeing (Mental Health Education and Hauora)	Staying Safe - Online (FP Navigating the Journey: Sexuality Education)		Contraception & STIs (Hei Huarahi)

- Yr 11 – Mates & Dates, as of 5 hours over 5 weeks, as of Term 3 2019
- Yr 12 – Loves Me Not, 1 day early Term 2
- Yr 13 – currently nothing