

Wilson School Health Education Programme

Wilson School's Health and Wellbeing Curriculum has been adapted from the New Zealand Curriculum.

Students will cover a range of topics within three strands:

- Personal Health and Physical Development
- Relationships with Other People
- Healthy Communities and Environments

Stage 1, 2 and 3 cover the same topics.

Information covered within each topic at the different stages will increase in content as students grow from child to young adult.

When a student has a special need (e.g. puberty) this will be identified by parent/whanau/school staff who will then collaborate to formulate a plan of action to address the need.

Information and resources will be made available or sourced and will be given out to the class teacher or parent for that student's use.

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Area of School	Personal Health and Physical Development	Relationships with Other People	Healthy Communities and Environments
Stage 1	About Me My Body Healthy Food Clothes Hygiene Exercise Self Worth and Self Esteem Feelings and Emotions	Friends Family/Whanau Making Choices Socialising Changing Relationships	Being Safe People who help Caring for our Environment Independence and Transition
Stage 2	About Me My Body Healthy Food Clothes Hygiene Exercise Self Worth and Self Esteem Feelings and Emotions	Friends Family/Whanau Making Choices Socialising Changing Relationships Bullying	Being Safe People who help Caring for our Environment Independence and Transition
Stage 3	About Me My Body Healthy Food Clothes Hygiene Exercise Self Worth and Self Esteem Feelings and Emotions	Friends Family/Whanau Making Choices Socialising Changing Relationships Bullying	Being Safe People who help Caring for our Environment Independence and Transition Rights, Responsibilities and Laws

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	Personal Health and Physical Education	Relationships with other People	Healthy Communities and Environments
<p>Target Students</p> <p><i>Puberty changes</i></p> <p><i>For students who may become sexually active in the future.</i></p>	<p>Female body changes- Menstruation Male body changes- Masturbation</p> <p>Contraception and safe sex Pregnancy information Sexual Health Checks Self -Control Personal Presentation</p>	<p>Sexual Relationships Socialising Changing Relationships Assertiveness</p>	<p>Being Safe Support Agencies</p>