

**Are you looking for a holistic, thought provoking,  
informative & empowering sexuality - respectful  
relationships programme for teens/young  
people?**



**Nest Consulting can help!**

Contact us at [info@nestconsulting.nz](mailto:info@nestconsulting.nz) for a no-obligation quote

- Do you work teens and young adults? We work with all abilities, including those with additional needs. We work with groups or 1:1.
- Would you like your students to experience a thought provoking, supportive, ability appropriate, interactive, research based, NZ made, positive relationships programme from a trusted provider?



Introducing Nest Consulting's  
**'Teen Talks©'** , **Sensitive Subjects©** & **Healthy Relationships**  
Programmes

(with Whanau/Parents Evenings available )

**These programmes are designed to provide accurate, up to date information for personal development, informed choices & good decision making. They are thought provoking and empowering.**

Designed to stimulate discussion & reasoning skills along with increasing emotional intelligence Nest Consulting provide workshops for all year levels on topical and sensitive issues. By providing a safe, non-judgemental space young people are guided to seek information, challenge ideas and find resources. Most of our programmes tie in with the learning area of health and physical education (Levels 4 – 8)

The programme is a mixture of PowerPoint, DVD clips, discussion, group activity and presentation dependent on class size and time allowed.

Examples of topics which can be included:

In our **Healthy Relationships** Programme:

- healthy relationships – where do our ideas come from and how to recognise
- respectful dating code
- understanding and practising consent
- celebrating differences
- when things go wrong / dating violence
- keeping safe together.

In our **Sensitive Subjects©** Programme:

- social media / media manners / dangers of sexting
- body image & the media / perceptions around body image, the BMI & body neutrality \*\* see more about our **Body Talk©** programme
- vaping issues
- pornography – why it's an issue
- fertility IVF/Assisted Reproductive Technologies
- teen parenthood
- celebrating diversity - sexuality / gender / sexual identity / expression
- respectful relationships
- other potentially provocative sexuality / fertility / health / relationship related issues

In our **Teen Talks©** Programme:

- discussion as to what a healthy relationship is
- safe choices for handling changing emotions/feelings. emotional intelligence
- techniques for good decision making. critical thinking skills
- fertility / sexual health and responsibility
- 'taking care of me' gynae exam / HPV/cervical screening / breast exam information / testicular exam information
- implications of teenage pregnancy
- your amazing body
- overview of reproductive anatomy
- hormones & fertility
- ovulation & fertilisation : combined male/female fertility patterns
- PMS
- personal values and sexual relationship for the future
- making informed decisions, 'What's on the market?': Factual information about all Family Planning/Contraception (% Effectiveness / How they work (mechanics) / Side Effects):
  - Abstinence
  - Barrier Methods – Condoms / Internal condoms / Diaphragm & Caps
  - Long Acting Reversible Contraceptives – LARCs – (Hormone IUDs, Copper IUD, Depot & Implanon )
  - Hormonal Methods – The Pill: Combined (OCP) & Progesterone only (POP)

## SCHOOL PROGRAMMES

 POSITIVE PUBERTY PLUS®

 CYCLE SMARTER®

 TEEN TALKS®

 SENSITIVE SUBJECTS®

 BODY TALK®

- Knowledge Methods - Natural Family Planning (Sympto-Thermal – Method, Lactational Amenorrhoea Method, Billings, Apps)
- the emergency 'contraception' (Pill & IUD)
- fertility awareness: an understanding of the reproductive systems. (the menstrual cycle; its relationship to fertility & normal cyclical symptoms all the way through to peri-menopause & menopause) \*\* see more about our [Cycle Smarter©](#) programme
- fertility decline and pre-conceptual importance
- STIs : What are they, how to avoid, use of dams, testing, what to do if diagnosed
- the meaning & understanding of 'consent'
- sexuality, sex, gender, identity, attraction, diversity and acceptance
- media awareness & responsibility: Issues such as internet porn, responsible communication (Text, Instagram, Twitter, Snap Chat etc) & identity safety
- discussion about sexting dangers
- the problem of pornography: discussion and evidence
- always finishing with 'Confidence, Empowerment and Body Wonderment'

Sexuality education is a key area of learning as part of the:  
*Health and Physical Education in the New Zealand Curriculum.*

This means that it must be included in teaching programmes at both primary- and secondary-school levels, using the strands and achievement objectives outlined in the curriculum.

sexuality education in schools provides students with opportunities to develop:

- knowledge, understandings, and skills relating to sexual development – physical, emotional, and social;
- knowledge, understandings, and skills to enhance their sexual and reproductive health, for example knowledge about the process of conception and the skills to make decisions that maintain and enhance their sexual health;
- personal and interpersonal skills and related attitudes, including
  - the skills needed to examine people's attitudes, values, and beliefs and their rights and responsibilities
    - attitudes of respect for themselves and other people
    - attitudes of care and concern for themselves and other people
      - effective communication skills
      - problem-solving and decision-making skills;
- understandings and skills to enhance relationships, for example, in relation to friendship, love, families, and parenting.

*Health and Physical Education in the New Zealand Curriculum*

Nest Consulting are a popular and trusted provider delivering puberty, sexuality, body image & relationships education in schools NZ wide from decile 1a - 10, private schools, schools of special character, RC schools, Christian schools & non-denomination schools and in the disability sector via groups or 1:1. Check out just some of the many schools/oragnisations we teach at [here](#).

### **Nest will work with you to find the best programme for your student / class/es.**

In addition Nest can, as required, provide a member of our team to pop into a Staff Meeting for 10 mins to introduce the programme, run a Whanau Info Evn, liaise with your School Nurse / School Counsellor / specific Teachers and assist you with reviewing &/or updating any policy relating to the topic of sexual violence and disclosures.

**We also provide Professional Development for staff and whanau info evenings on all the above topics.**

More information about [Nest Consulting](#) can be found here:

<http://www.nestconsulting.nz>

If you require more information and / or would like to make a booking please email us:  
[office@nestconsulting.nz](mailto:office@nestconsulting.nz)