



Nest's **Sensitive Subjects**™ is a part of our Confident Kiwis© programme – in the format of a pick 'n' mix programme for Yr 1 – Yr 13 students, carefully and age appropriately delivered. The programme includes information, activities and facilitated discussion about current and potentially sensitive topics. A thought-provoking programme designed to stimulate discussion & reasoning skills along with increasing emotional intelligence. By providing a safe, non-judgemental space young people are guided to seek information, challenge ideas, and find resources.

These are some of the Yr 5/6 and Yr 7/8 topics you can 'pick 'n' mix' from (we also have our standardised sessions – see below): please ask us if there is a particular issue you would like to include.

- Identity and values
- Understanding brain development re. emotional regulation
- Identifying healthy relationships & being a good friend (friendships & frenemies)
- Assertive communication
- Anti-bullying & dealing with peer pressure
- Supporting one another – being a safe up-stander
- Cyber safety - Understanding the internet – reality versus fiction
- Cyber Safety – personal & identifiable information - What's safe to share
- Social media / Media manners - Digital Citizenship & Digital Footprint
- Social Media – Influencers
- Cell phone & Gaming etiquette
- Online Bullying / Trolls and Haters



- Nudes / Sexting – the Law & the issues
- Inappropriate images online / pornography – why it's an issue.
- Celebrating diversity - sexuality / gender / sexual identity / expression
- Respectful relationships: Consent & Dating
- Sex ed – how a baby is made, health care and pregnancy prevention
- Vaping issues (also: smoking / drugs info)
- Circle of safety – resources and people

At Yr 5/6 topics included in the standardised 2/3 day programme are: (please enquire if you would like to swap in or out any subject matter)

Part 1: Who are you? Strengths/Identity/Values

Part 2: What's going on in your brain?

Part 3: Healthy Relationships with a focus on friendships

Part 4: Peer Pressure & how to say No

Part 5: Supporting one another safely – how to safely be an upstander

- Morning Tea -

Part 1: Safety online & Digital Citizenship

Part 2: Understanding realities of internet & what to do if things go wrong

Part 3: Keeping safe together – reporting

At Yr 7/8 topics included in the standardised 2/3 day programme are: (please enquire if you would like to swap in or out any subject matter)

Part 1: Who are you? Strengths/Identity/Values. Role models

Part 2: What's going on in your brain?

Part 3: Healthy & Respectful Relationships with a focus on friendships & dating

Part 4: Consent

Part 5: What & how media influences us - Supporting one another – how to safely be an upstander
- Morning Tea -

Part 1: Safety online & Digital Citizenship including sexting/nudes info

Part 2: Cell phones and Gaming Etiquette

Part 3: Cyber bullying – Trolls & Haters & what to do if things go wrong

Part 4: Keeping safe together – reporting

Implementation:

The teaching material & media utilised is varied, relevant and constantly updated, including:

- PowerPoint
- Interactive group activities
- Worksheets
- Discussion, analysis & critical thinking
- Media clips
- Parent & Teacher access to resources / follow on activities and book recommendations via Website

Handled sensitively by our skilled facilitator(s) and designed to be thought provoking.

Interactive, group activity, discussion and take home material.

Engaging, age appropriate and topical.

Nest support schools in ensuring a safe school culture and are available for assistance in formulating policy and procedure. All Nest Educators are trauma informed & trained in responding to disclosures and will enquire and adhere to school policy and procedure.

