

# Confident Kiwis: Skills for Life

Yr. 1/2 & Yr. 3/4 programmes:

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

- PowerPoint (with some Te Reo Māori throughout)
- Story telling
- Puppets
- Play
- Parent & Teacher access to resources/ follow on activities and book recommendations via [Nest's website](#)

For Teachers: Access to Lesson Plans and Health Curriculum links/ stands covered

You can download the latest MoE RSE curriculum Yr. 1-8 from our website, and we are happy to put you in touch with your local Curriculum Lead if requested

Each class is delivered over 30 – 45 minutes. The class is fun, interactive and delivered age appropriately – Learning through Play!



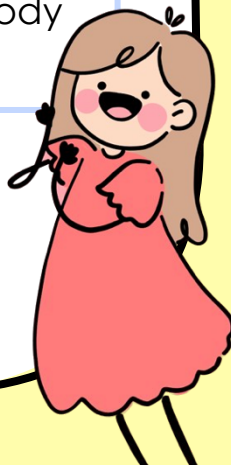
Empowering children with skills and knowledge

Children knowledge outcomes:

- Correct names for 'private' body parts
- Differences between safe & unsafe touch
- Not to keep secrets that make them feel bad or uncomfortable
- Assertiveness in relation to touch and their body
- Safe adults



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## Content

- Learning body autonomy & boundaries
- Skills & knowledge around body safety & consent
- Practicing how to be safe and a safe up-stander
- Ensuring a circle of safety (a network of 3-5 trusted adults)
- Understanding a positive, healthy & respectful relationships

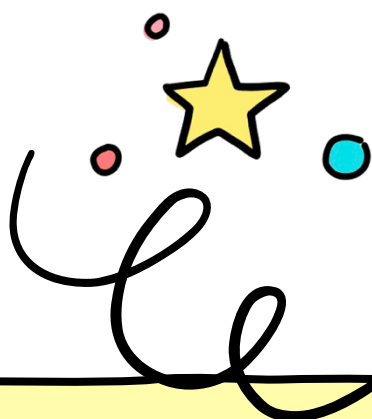
**\*\*Please note:** this is the standardized programme and depending on your requirements and your community consultation outcomes we are very happy and able to include/ exclude and tailor content for your school.

**Your body  
belongs to  
you!**



We offer a Whanau/Parent Information event alongside this programme: to highlight what is included in the programme, to explain the importance of the content and to provide key body safety skills parents and caregivers can provide for their children. There is an opportunity for Q&A and the facilitator will address common concerns such as 'why we do not emphasise stranger danger' & 'how we work with young children without scaring them'.

Please ask us for information on content for other year levels & a list of our other programmes and their content or let us know your specific needs and we will tailor a programme for your school. Nest is trusted as a safe, culturally aware and inclusive provider, mindful of the Te Tiriti o Waitangi and relevant to all. We also work in a variety of schools, previously known as: decile 1a - 10 & private in addition to schools of special character.



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