



# Positive Puberty Pūhuruhurutanga Pai

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

- PowerPoint (with pictures drawn by NZ artist with some Te Reo Māori throughout)
- Interactive group activities via team competition: games, quiz, bingo, matching & more
- Worksheets
- Discussion, analysis & critical thinking
- Media clips
- Cartoon clips
- Question & Answer sessions (Anonymous question box & one to one opportunity)
- Role play
- Show and Tell : Menstrual products: sample bags with products or vouchers
- Homework / Activity Sheet
- Parents/Whānau Information Evening
- Parent & Teacher access to puberty / body image / resources / follow on activities and book recommendations via website



The day is divided into sections: group competition quiz and activities from after registration to morning tea, followed by specific topics for half an hour (male with overview of female) and an hour (female with overview of male) after morning tea to lunchtime. The afternoon again brings together the entire class leaving time at the end of the day for evaluations.

We find it preferable to mix students irrespective of gender for the majority of the time to emphasise that changes are happening to them all and through this encourage mutual respect and understanding.

This particular programme is about **puberty education** and related age-appropriate issues (i.e. self-esteem, individuality, media awareness), not sex education (although we do have 'add on' components to include sex ed, avoidance of pregnancy and STI info & more, if requested), The exact content, once confirmed, is reiterated at the Parents / Whānau Evening.

Nest is known 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, decile 1a - 10 & private in addition to schools of special character.

The Parents/Whānau Info Evn includes all aspects of what is included in the Programme for students to allow for informed consent, some anatomy and physiology 101 memory joggers, an outline of normal growth and development expected at puberty, showing of all available menstrual products (incl. recyclable, washable, organic and supermarket items) along with an overview of the NZ Health and PE Curriculum. Included throughout are tween parenting tips! It lasts about 60 mins. Our feedback indicates some schools prefer running this via Zoom as it attracts the most parents.

(The Yr 5/6 Programme is pitched at a younger age-relevant understanding and is more simplistic than the Yr 7/8 programme)

- Changes are normal in body & mind - understanding Hauora.
- Changes happen at different times for different people.
- Understanding glands. Naming hormones and changes.
- Particular changes in male & female anatomy. Physical, social & emotional.
- How to manage changes.
- Personal Hygiene, Nutrition, Hydration, Exercise, Sleep.
- Body acceptance.
- Celebrating our differences (we are all different - size, shape, ethnicity etc).
- Greater responsibility. Building trust. Emotional Intelligence.
- Safe choices for handling changing emotions/feelings.
- Techniques for good decision making. Critical thinking skills.
- Self Esteem. Individuality. Body Wonderment.
- Accurate information. Correct words for parts of the body.
- Simple diagrams of anatomy. Age-appropriate information about the biology of changes occurring at puberty in the reproductive region (production/release of reproductive cell(s), menstruation in girls and erection/ejaculation (wet dream) in boys
- Sharing the good things & fears about becoming a grown up.
- Look at disposable & washable pads, period undies, cups & tampons (including environmental options). School policy for disposal.
- Where to go for answers to questions and or fears: People you trust and have the knowledge. Resources.
- An opportunity for questions (we encourage the use of a sealed question box).

#### ADDITIONAL CONTENT FOR YR 5/6

- Self Esteem & Body Image
- Advertising, Media, Social Media & Body Image

#### ADDITIONAL CONTENT FOR YR 7/8

- Understanding brain development re. emotional regulation.
- OK/Not OK : Looking after self-activity (stepping stone activity to understanding consent).

**Please note: this is the standardised 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.**