

Positive Puberty Plus© & the New Zealand Curriculum (2007)

Curriculum Alignment for Years 5 - 8

How Our Puberty Programme Supports the New Zealand Curriculum

Nest's puberty education programme aligns with the *Health and Physical Education* learning area of the *New Zealand Curriculum (2007)*, supporting schools to meet key curriculum objectives at Levels 3 and 4.

Our content fosters student well-being in alignment with the four underlying concepts of this learning area—*Hauora*, *attitudes and values*, *the socio-ecological perspective*, and *health promotion*. We address these through interactive, inclusive, and culturally responsive learning experiences that reflect the diverse realities of students in Aotearoa.

Our use of engaging media, te reo Māori integration, age-appropriate discussions, and inclusive practices ensures all students are supported to understand themselves and others during this important stage of life. By doing so, schools not only fulfil elements of the curriculum, but also empower ākonga to develop lifelong skills for health, self-awareness, and positive social connection.

This document outlines our standard puberty programme. However, we are able to collaborate with schools to modify the content to meet the specific needs of their community (within the curriculum). All programmes are evidence-based, aligned with our core values, and delivered by experienced educators in a safe, inclusive, and professional manner.



Programme Overview

Our programme is built around interactive, inclusive, and engaging teaching methods designed to suit a range of learning styles and classroom needs. These include:

- PowerPoint presentations featuring illustrations by a New Zealand artist and integrated te reo Māori
- Group competitions and activities (quizzes, games, bingo, and more)
- Worksheets and critical thinking exercises
- Media and cartoon clips
- Role play, show-and-tell sessions with real menstrual products
- Anonymous question boxes and one-on-one Q&A opportunities
- Homework/activity sheets
- A parent/whānau information evening
- Access to a resource hub for teachers and caregivers, with follow-on activities, book recommendations, and further support

The programme typically runs as a full-day experience, with a blend of class-wide and small-group learning. We offer two distinct versions of the programme to reflect the developmental and cognitive stages of students at different year levels. Students remain in co-ed settings for most of the day to promote mutual understanding and respect, but also have breakout sessions to allow for deeper discussion of male & female specific changes.

Curriculum Alignment

Nest's programme is aligned with the following *Health and Physical Education* curriculum strands and achievement objectives at Levels 3 and 4. Our programme is not intended to cover every element of the health curriculum in one full day workshop, nor should it be. It is designed to complement and support the broader learning that takes place at home and throughout the school year. Puberty and wellbeing education is not a one-time conversation, but part of an ongoing journey supported by whānau, educators, and the wider community.

Personal Health and Physical Development

- *A1: Personal Growth and Development*
Students learn about the physical, emotional, and social changes that occur during puberty, gaining knowledge about glands, hormones, body systems, and emotional regulation, and learning positive strategies to manage these changes.
- *A3: Safety Management*
Our programme teaches students how to make safe choices around hygiene, changing emotions, and developing boundaries.
- *A4: Personal Identity*
Through topics like self-esteem, individuality, and body image, students explore their own sense of self-worth and learn to appreciate differences in size, shape, ethnicity, and experience.

Relationships with Other People

- *C1–C3: Relationships, Sensitivity, Respect, Interpersonal Skills*
Activities and discussions focus on respectful communication, empathy, and understanding difference. Year 7/8 students also explore how to recognise and respond to social pressure and develop assertiveness skills, laying an age-appropriate foundation for understanding consent.

Healthy Communities and Environments

- *D1–D3: Societal Influences, Community Resources, Rights and Responsibilities*
Media literacy and community support networks are explored. We also encourage critical thinking about messages in advertising and social media, particularly around body image for Yr 5/6 students.

Year 5/6 Programme

Designed with younger learners in mind, this version takes a more simplified approach to puberty education. Students learn about the physical, emotional, and social changes of puberty with a strong focus on body positivity and self-esteem. They receive basic, accurate information about reproductive anatomy, including a brief and respectful overview of the opposite sex to foster understanding and empathy. Male students are introduced to periods/ikura—what they are, how they're managed—and also learn about erections and wet dreams. Female students receive detailed information about periods/ ikura, why they happen and how to manage them, but are not introduced to erections or wet dreams at this stage. Key topics of the programme also include:

- Understanding that changes are normal and happen at different times for everyone
- Basic anatomy and the function of glands and hormones
- Managing emotions and developing emotional intelligence
- Introduction to personal hygiene, nutrition, and sleep as part of a healthy lifestyle
- Hands-on introduction to a range of menstrual products (disposable, washable, organic, period/ikura underwear, cups, and tampons)
- Building confidence, body acceptance, and positive self-talk
- Media and advertising literacy around body image
- Identifying trusted adults and sources of information
- Developing a sense of personal responsibility in a safe, inclusive environment
- Opportunities for anonymous Q&A, allowing students to voice concerns and get accurate, supportive information

The Year 5/6 content focuses on curiosity, reassurance, and normalising changes in both body and mind. It lays a strong foundation for deeper exploration in later years.

Year 7/8 Programme

This version is more in-depth and nuanced, preparing students for more advanced developmental changes and the increasing social pressures they may face. Students explore the physical, emotional, and social changes of this stage, with a focus on critical thinking, body acceptance, and respectful relationships. Boys learn about menstruation—what it is, why it happens, and how it's managed—as well as erections and wet dreams. Girls receive in-depth information about menstruation, and are also introduced to the male pubertal reproductive organ changes. The content is delivered in a safe, respectful environment that encourages questions and supports understanding. Key additions include:

- Exploration of brain development and its impact on emotional regulation and risk-taking
- A session called *OK/Not OK*, introducing personal boundaries and consent concepts in a developmentally appropriate way
- Critical thinking and decision-making skills

Community and Cultural Responsiveness

Nest is a trusted provider across a wide range of schools—state, private, across the equity index, and schools of special character. We take a culturally inclusive approach that is grounded in Te Tiriti o Waitangi and honours the principles of *Hauora* (taha tinana, taha hinengaro, taha wairua, and taha whānau).

Our whānau information evening is a key part of our approach, helping parents and caregivers understand the programme, ask questions, and support their children's learning. This 60-minute session includes:

- A clear overview of programme content
- A basic refresher on anatomy and puberty-related changes
- Hands-on demonstration of menstrual products
- Tween parenting tips and strategies
- Options to attend in person or via Zoom

Supporting Schools to Meet Curriculum Requirements

By delivering accurate, respectful, and developmentally appropriate content, Nest contribute to a school's requirements to fulfil the sexuality education, body care and physical safety, and mental health components of the *Health and Physical Education* learning area. Our work not only supports the achievement objectives but also complements school-wide health promotion initiatives and policies, contributing meaningfully to student and community well-being.

Nest is committed to staying fully informed and up to date with developments in the curriculum space. We actively monitor and engage with current consultations and updates to ensure our programmes remain relevant and aligned with the latest educational standards and guidelines. Our content is regularly reviewed and updated to reflect any changes, ensuring we continue to provide accurate, timely, and best-practice learning experiences.

