

# Tū Tika

## Standing strong and doing what's right



Tū Tika® is a programme, collaboratively designed with students, which rolls what was previously Body Talk® and Sensitive Subjects® into one: providing an updated, engaging and relevant learning experience for our tamariki.

Tū Tika® translates to 'Standing strong and doing what's right' & includes age-appropriate information (specific to their year group), activities and facilitated discussion about topics related to social media, perceptions of body image, self-esteem, cyber safety, media manners, online influencers, online imagery, lifestyle choices & beliefs including respectful friendships.

This programme is 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' (we also have our standardised sessions – see below): please ask us if there is a particular issue you would like to include.**

### Who am I?

- Identity and Values – utilising Dr. Mason Durie's Te Whare Tapa Wha model
- Understanding emotions – a quick brain development lesson to explain and provide tools
- Being a good friend (friendships & frenemies)
- Assertive communication & active listening
- Anti-bullying & dealing with peer pressure
- Supporting one another – being a safe up-stander

### Online Awareness

- Understanding the internet – reality versus fiction
- Personal & identifiable information – What's safe to share
- Digital Citizenship & Digital Footprint
- Cell phone & Gaming etiquette

### Body Image & Self Esteem

- Understand & dealing with thoughts & feelings about physical appearance
- Examine different ideas of beauty throughout the world, over time & cultural differences

- Investigate the effects of subconscious elements of social media and influencers on body image
- Understand and decode stereotypes
- Practice listening to & appreciating what the body does rather than what it looks like
- Understand the concept of 'health at every size®'
- Eliminate 'fat talk' & bias – celebrate differences in themselves & others
- Understand 'body neutrality'
- Look at current forces for change & how to be a champion for body image reform

### Social Media Manners

- Online Bullying / Trolls and Haters
- Respectful relationships online: Understanding the difference: Healthy – Unhealthy
- Inappropriate images online – what to do & why it's an issue
- Nudes / Sexting – the Law & the issues (Yr 7/8)



nest  
consulting

Education • Inspiration • Motivation • Information



**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: Exploring what Body Image & Self Esteem are & how they are impacted by Puberty. Discovering ways to look after ourselves during adolescence: mastering the basics and managing challenging emotions

Part 2: Celebrating that everyone is different, focusing on what the body can do rather than what it looks like, with an understanding of body neutrality. Unpacking our inner critic & a positive outlook

Part 3: Viewing media critically, with an understanding that media is heavily edited

- Morning Tea -

Part 1: Being a good friend, peer pressure and discovering how to confidently be yourself. Discovering what it means to be an upstander? How to support others safely

Part 2: Being a good digital citizen and how to be safe online - what's okay or not okay to share online, the importance of privacy and passwords & understanding a digital footprint. What is, & the consequences of, cyberbullying

Part 3: Who makes up our safety network? Where do we go for help?

**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: Exploring what Body Image & Self Esteem are & how they are impacted by Puberty. Discovering ways to look after ourselves during adolescence: mastering the basics and managing challenging emotions

Part 2: Unpacking the concept of the 'Perfect Body' – changes through time and across the world, as well as how these messages are shared

Part 3: Managing 'appearance messaging' on social media & influencers – how to engage with social media in a safe and non-harmful way

Part 4: Formulating ideas of how we can champion the celebration of differences and challenge the stigma of stereotyping. Choosing positive influencers & who to follow online

- Morning Tea -

Part 1: Being a good friend, how to be an upstander and support others

Part 2: Unpacking the impact of the internet on the brain (gaming, inappropriate content). An advisory word on sending nudes.

Part 3: Being a good digital citizen and how to be safe online - what's okay or not okay to share online, the importance of privacy and passwords & understanding a digital footprint. What is, & the consequences of, cyberbullying

Part 4: Who makes up our safety network? Where do we go for help?

Implementation:

The teaching material & media utilised is varied, relevant and constantly updated, with differences between Yr 5/6 & 7/8 programmes, including:

- o PowerPoint
- o Interactive group activities
- o Worksheets
- o Discussion, analysis & critical thinking
- o Media clips
- o 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 work, discussion, media and take-home material. Engaging, age appropriate and topical.

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