

Tū Tika© & the New Zealand Curriculum (2007)

Curriculum Alignment for Years 5 - 8

About Tū Tika©

Tū Tika© is a dynamic, culturally grounded programme designed to support tamariki aged 8–10 (junior) and 11–13 (senior) to:

- Build self-confidence and body awareness
- Think critically about media and social messages
- Develop healthy friendships
- Navigate online spaces safely and responsibly

Delivered in small group sessions over 3 hours (with a break), Tū Tika© blends discussion, games, media clips, and hands-on activities, weaving te reo Māori and tikanga Māori throughout the content.

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

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.

Strands Covered

- Personal health and physical development, in which students develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their personal well-being and physical development.
- Relationships with other people, in which students develop understandings, skills, and attitudes that enhance their interactions and relationships with others.
- Healthy communities and environments, in which students contribute to healthy communities and environments by taking responsible and critical action.

Yr 5/6 Junior Programme	Yr 7/8 Senior Programme
<ul style="list-style-type: none"> ○ 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. ○ 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 discovering how to have positive outlook. ○ Viewing media critically, with an understanding that media is heavily edited. ○ 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. ○ 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 cyberbullying and what are the consequences? ○ Who makes up our safety network? Where do we go for help? 	<ul style="list-style-type: none"> ○ 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. ○ Unpacking the concept of the 'Perfect Body' – changes through time and across the world, as well as how these messages are shared. ○ Managing 'appearance messaging' on social media & influencers – how to engage with social media in a safe and non-harmful way. ○ Formulating ideas of how we can champion the celebration of differences and challenge the stigma of stereotyping. ○ Choosing positive influencers & who to follow online. ○ Being a good friend, how to be an upstander and support others. ○ Unpacking the impact of the internet on the brain (gaming, inappropriate content). ○ An advisory word on sending nudes. ○ 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 cyberbullying and what are the consequences. ○ Who makes up our safety network? Where do we go for help?

Curriculum Alignment Table

<i>Strand</i>	<i>Level 3 Objective (Years 5–6)</i>	<i>Level 4 Objective (Years 7–8)</i>
Personal Health & Physical Development	<p>Personal Growth and Development Students will identify factors that affect personal, physical, social, and emotional growth and develop skills to manage changes.</p>	<p>Personal identity Students will describe how social messages and stereotypes, including those in the media, can affect feelings of self-worth.</p>
	<p>Safety management Students will identify risks and their causes and describe safe practices to manage these.</p>	<p>Personal growth and development Students will describe the characteristics of pubertal change and discuss positive adjustment strategies.</p>
	<p>Personal Identity Students will describe how their own feelings, beliefs, and actions, and those of other people, contribute to their personal sense of self-worth.</p>	<p>Safety management Students will access and use information to make and action-safe choices in a range of contexts.</p>
Relationships with other people	<p>Relationships Students will identify and compare ways of establishing relationships and managing changing relationships.</p>	<p>Relationships Students will identify the effects of changing situations, roles, and responsibilities on relationships and describe appropriate responses.</p>
	<p>Identity, sensitivity, and respect Students will identify ways in which people discriminate and ways to act responsibly to support themselves and other people.</p>	<p>Identity, sensitivity, and respect Students will recognise instances of discrimination and act responsibly to support their own rights and feelings and those of other people.</p>
	<p>Interpersonal skills Students will identify the pressures that can influence interactions with other people and demonstrate basic assertiveness strategies to manage these.</p>	<p>Interpersonal skills Students will describe and demonstrate a range of assertive communication skills and processes that enable them to interact appropriately with other people.</p>
Healthy Communities & Environments	<p>Societal attitudes and values Students will identify how health care and physical activity practices are influenced by community and environmental factors.</p>	<p>Societal attitudes and values Students will investigate and describe lifestyle factors and media influences that contribute to the well-being of people in New Zealand.</p>