

Health Education Draft Statement 2017 – Tokoroa High School

Our Health Education programme at Tokoroa High School provides varied units of learning that are relevant to the identified needs of students and our community. Health is compulsory for Years 9 and 10 and is an optional NCEA subject in the senior school. Courses are based around the Health and PE Curriculum area and have emphasis on incorporating the underlying concepts of hauora/well-being, positive and responsible attitudes and values, the socio-ecological perspective of self, others and society and health promotion. We aim to deliver culturally responsive and relational units of work that engage students to make health enhancing choices in the key areas of learning – Mental Health, Sexuality, Food and Nutrition and Body Care and Physical Safety. In accordance with Sexuality and Relationship Education Guidelines (2015), our Sexuality Education programme takes a “positive view of sexual development as a natural part of growing up and encompasses learning about physical development, including sexual and reproductive knowledge, gender identity relationships, whanau and social issues.” In these guidelines it is also noted that “The Education Review office has identified that schools with effective programmes spend at least 12-15 hours per year of sexuality programmes [ERO 2007b], with significantly more time allocated in senior secondary programmes.” (p.12). As our ongoing commitment to ensuring that we are meeting the needs of our community, we consult with our students, whanau, community and teachers every two years to determine the relevance and effectiveness of our programmes.

	Year 9	Year 10
Mental Health	Hauora/ Well-being, Friendships – personal identity and self-worth, qualities of friendships, expressing feelings, assertive communication, bullying and harassment , ways to eliminate bullying , cyber bullying, violence	Changes and Choices – keeping life in balance when changes are constant, change and loss, managing stressful situations
Sexuality Education		Diversity, safety , gender, sexual orientation and sexual identity. Keeping yourself emotionally and physical safe in relationships, gender issues, reducing the risk of unplanned pregnancy and sexually transmissible infections (STI), pornography, safe sex, consent and sexual health, gender identity, sexual violence, accessing health services
Food and Nutrition	Healthy food choices, food pyramid, reading nutritional labels, understanding the effects of poor diet on our health, health promotion to prevent non-communicable diseases.	
Body Care and Physical Safety	Hygiene	Drug Issues – Alcohol and Cannabis , factors affecting self, others and society, developing positive attitudes and decision making, accessing health services