



Navigating the Journey @ MMS & Te ara o te Mākara Values

For parents,
Caregivers
and Whānau

Te takahi i te ara: Te mātauranga mō ngā hononga tāngata me te hōkakatanga

This complimentary resource has been designed to help you navigate the journey of relationships and health education along with the tamaiti/tamariki in your life.

MMS has chosen to use Family Planning's resource *Navigating the Journey*: to assist with our delivery of a comprehensive, age-appropriate health programme. This resource aligns with the Ministry of Education's guidance.

This is an important component of the health and physical education learning area of the curriculum. For younger learners, these topics include life skills, identity, respect, friendships and feelings, as well as the biological topic such as body parts and later, the basics of how reproduction works. For older students, topics such as puberty, friendships, relationships occur. In the following charts, you can see what topics will be covered in each year with the *Navigating the Journey* resource.

This is taught alongside our Physical Education, health and nutrition curriculum.

Manaakitanga and Ako	Rangatiratanga and Manaakitanga	Aroha and Kaitiakitanga	Ako and Auaha	Rangatiratanga
1. Establishing a positive learning environment Te whakarite i tētahi ao ako huapai	2. Who am I? Ko wai au?	3. Relationships Ngā whanaungatanga	4. Growing and changing Te tipu me te huri o te tangata	5. Staying safe Te noho haumaruru
Year 1 and 2				
Care for others Cooperative skills Listening skills Contributing to positive classroom culture.	Personal identity Personal strengths Similarities and differences Diverse family structures	Respect Friendship Feelings and needs Family roles	Movement of bodies Body growth Body parts Personal hygiene	Standing up for myself and others Safe and unsafe interactions People who can help me On-line Safety
Year 3 and 4				
Learning journey Contributing to a positive classroom community Caring for others Manaakitanga Cooperative skills	Personal identity Similarities and differences Cultural heritage Personal strengths Whānau Diverse family structures Gender stereotypes and roles (equity) Being happy	Respect Relationships Friendships Whanaungatanga Feelings and needs Peer pressure Family roles Family responsibilities	Growth and development Positive body image Movement of bodies Body parts Personal hygiene	Body ownership Bullying Safety strategies Standing up for myself and others Cybersafety People who can help me

Year 5 and 6

<p>Respect for self and others</p> <p>Manaakitanga, aroha and responsibility</p> <p>Being inclusive</p> <p>Safe learning environment</p>	<p>Identity and uniqueness</p> <p>Influence of media</p> <p>Gender and gender</p> <p>Stereotypes (addressing equity and inclusion)</p>	<p>Taking ownership of our personal opinions</p> <p>Qualities of friendships</p> <p>Different types of relationships</p> <p>Managing friendships</p> <p>Those who can support us</p> <p>Passive, aggressive and assertive communication</p> <p>Different perspectives</p> <p>Safety, body ownership</p> <p>Dilemmas and decision-making</p>	<p>Growth and development</p> <p>Reproduction basics</p> <p>Managing hygiene and changes</p> <p>Body image</p> <p>Media Stereotypes</p> <p>Relationships, roles and behaviours</p>	<p>Digital safety and citizenship</p> <p>Those who can support us</p> <p>Ways we can support others</p> <p>Celebrating the journey</p>
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Year 7 and 8

<p>1. Establishing a positive learning environment</p> <p>Te whakarite i tētahi ao ako huapai</p>	<p>2. Who am I?</p> <p>Ko wai au?</p>	<p>3. Relationships</p> <p>Ngā whanaungatanga</p>	<p>4. Growing and changing</p> <p>Te tipu me te huri o te tangata</p>	<p>5. Staying safe</p> <p>Te noho haumaruru</p>
<p>Growth and development</p> <p>Respect for self and others</p> <p>Responsibility</p> <p>Inclusion and diversity</p> <p>Relationships, roles, and behaviours</p>	<p>Rights and responsibilities</p> <p>Decision-making</p> <p>Growth and development</p> <p>Gender stereotypes and addressing equity</p> <p>Gender; biological and identity</p> <p>Body image</p> <p>Discrimination</p> <p>Inclusion and diversity in the media</p> <p>Relationships, roles, and behaviours</p> <p>Respect for self and others</p>	<p>Friendships/relationships and their qualities</p> <p>Safety, Inclusion and diversity</p> <p>Gender identity</p> <p>Inclusion and discrimination</p> <p>Respect for self and others</p> <p>Responsibility</p> <p>Passive, aggressive, and assertive communication</p> <p>Problem-solving and decision making</p> <p>Breaking up respectfully</p>	<p>Pubertal change</p> <p>Problem-solving and decision making</p> <p>Inclusion and diversity</p> <p>Responsibility</p> <p>Gender identity</p> <p>Respect for self and others</p> <p>Body image</p> <p>Feelings</p> <p>Support people</p> <p>Keeping ourselves safe</p> <p>Conception</p> <p>Contraception</p>	<p>Listening to our feelings, gut instinct</p> <p>Recognising safe and unsafe situations</p> <p>Problem-solving and decision making</p> <p>Bullying and cyberbullying</p> <p>Digital citizenship</p> <p>Support people and community health care resources</p> <p>Celebrating our journeys and diversity</p>