

## LEARNING UPDATE

# Healthy Mind, Healthy Body

**Positive Puberty Unit - Term 4, Weeks 3-8, 2025**

Dear Parents or Caregivers

During Term 4, all classes will work through a unit of learning called 'Healthy Mind, Healthy Body.' This unit of work, traditionally known as 'Positive Puberty,' aims to achieve the Health and Physical Education objectives outlined in the New Zealand Curriculum. Lessons will begin in Week 3, on Tuesday, 21st October.

The Healthy Mind, Healthy Body Unit will provide students with the knowledge, understanding, and skills to develop positive attitudes towards the changes they will experience during puberty. I have included overleaf, the Big Ideas that will be answered in each lesson. It is important to understand that while it is called sexuality education, it is not sex education. We cover the emotional, social, and physical changes that occur during puberty. The key concepts and understandings of this unit are:

- The physical, mental, emotional, and social growth and development that occur, as well as the new needs that arise during puberty.
- Strategies to manage the changes they will experience
- Factors that influence their choices during puberty (including their families, their peers, the media, social media and religious and cultural beliefs.
- Students' feelings and their rights, and responsibilities;
- How to identify instances of discrimination and take positive action in such cases.

We are holding an information meeting next Wednesday, 15th October, from 5.45 to 6.30 pm in our school library for any families who would like more details about the content of the lessons.

If you do not want your child to participate in any or some of the Healthy Mind, Healthy Body lessons, please email either me or the class teacher, and we can make alternative arrangements.

Regards

Amanda Taylor - Deputy Principal

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## Lesson Overview

	Lesson Name	Lesson Content
1	<b>Exploring Self:</b> The strength within	<b>Big Idea:</b> Setting boundaries and keeping safe when working together. What empowers us, and what can challenge us during puberty?
2	<b>Exploring Self:</b> Wheel of well-being	<b>Big Idea:</b> How is my well-being, and what can I do to enhance it?
3	<b>Changing Me:</b> Growing me, different me	<b>Big Idea:</b> What happens during puberty? Socially, Emotionally and Physically?
4	<b>Changing Me:</b> Getting to know my body	<b>Big Idea:</b> What are the specific names of the body parts that relate to puberty, sex and reproduction?
5	<b>Changing Me:</b> Periods and wet dreams.	<b>Big Idea:</b> What are periods and wet dreams, and why do they happen?
6	<b>Changing Me:</b> Caring for my body	<b>Big Idea:</b> How do we care for our bodies during and after puberty?
7	<b>Changing Me:</b> Managing changing relationships	<b>Big Idea:</b> How do relationships change during puberty? Friendships and Peer Pressure. What can we do to support others?
8	<b>Consent</b> <ul style="list-style-type: none"> <li>• Yes means Yes</li> <li>• No means No</li> <li>• Maybe means No</li> </ul>	<b>Big Idea:</b> What consent means and how to give, ask for, and respect it in different situations. <ul style="list-style-type: none"> <li>→ Physical Boundaries and Personal Space</li> <li>→ Online and Digital Spaces</li> <li>→ Friendships and Social Situations</li> </ul>
9	<b>Responsible and Respectful Online</b> Keeping Ourselves Safe Online: Images, Gaming, Bullying, Friendships, and Privacy Settings.	<b>Big Idea:</b> How can we be responsible and respectful in our online interactions?
10	<b>Asking for Help</b> Who can help? How to ask for help.	<b>Big Idea:</b> Who can support me during and after puberty, and how do I know they are right for me?