



# Fairfield College

## HEALTH AND PHYSICAL EDUCATION AT FAIRFIELD COLLEGE

### YEAR 9

Currently at Fairfield College our year 9 students are involved in a health program for one term during the year for three hours per week for a total of 30 hours. The main focus of the year 9 health program is introducing students to the idea of Hauora. A brief out line of what Hauora is outlined below.

### Hauora

Hauora is a Māori philosophy of health unique to New Zealand. It comprises taha tinana, taha hinengaro, taha whānau, and taha wairua.

### Taha tinana - physical well-being

The physical body, its growth, development and ability to move, and ways of caring for it

### Taha hinengaro - mental and emotional well-being

Coherent thinking processes, acknowledging and expressing thoughts and feelings and responding constructively

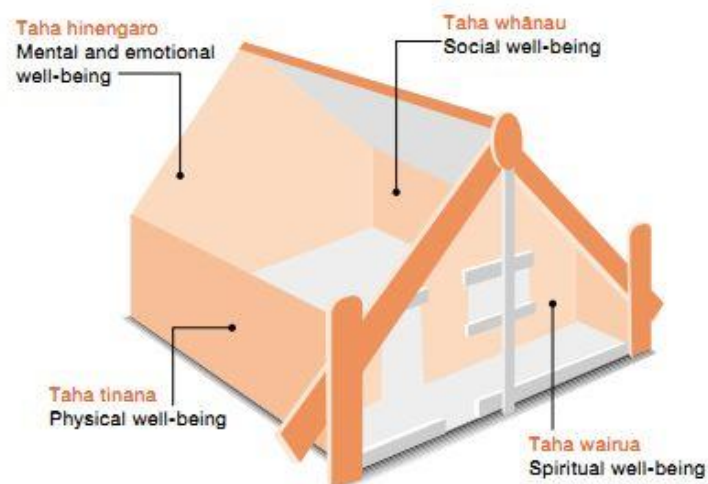
### Taha whānau - Social well-being

family relationships, friendships, and other interpersonal relationships; feelings of belonging, compassion, and caring; and social support

### Taha wairua - Spiritual well-being

the values and beliefs that determine the way people live, the search for meaning and purpose in life, and personal identity and self-awareness (For some individuals and communities, spiritual well-being is linked to a particular religion; for others, it is not.)

Each of these four dimensions of hauora influences and supports the others.



Moving on from Hauora, the majority of teaching at the year 9 health level is centered around the FRIENDS resilience program. In this program students are introduced to life skills to help them reach their goals and to help them successfully deal with the challenges they face in their daily lives.

Some of the topics that are covered include:

- Understanding feelings and practicing empathy.
- Focus on confidence.
- Focusing on the present and becoming more self-aware.
- Exploring solutions and coping step plans.
- Resilience and dealing with bullying, why bullying happens and how we can help prevent it.

The students are also introduced to sexuality education with the following areas being covered and focused on:

- Understand the responsibilities involved in any relationship
- Looking at characteristics of pubertal change
- Male/female reproductive organs and how conception takes place
- Understand the reasons people have for choosing to become sexually active
- Understanding abstinence
- Introduce idea of contraception condom use and the protecting against sexually transmitted infections
- Demonstrate an understanding of how students' attitudes toward contraception can affect safety.

Sexuality education is focused on a little more in year 10, where the students are involved in a comprehensive program that has been produced by Family Planning called Hei Huarahi, The sexuality road. This program will be outlined in further below as part of the year 10 information.

## **YEAR 10**

At year 10 the students currently do two hours of Health Education per week during terms two and three, for a total of 40 hours. Various topics are covered and are briefly outlined below.

- Hauora: Extending students' knowledge from year 9, especially in relation to how the different aspects of a person's health can and do have an influence on each other.
- Drug and alcohol education: Basic information on what drugs and alcohol are the dangers of these for the developing teenage brain
- Mental health: what is mental health, what does mental illness entail, how can we deal with this etc, including helping agencies
- Keeping ourselves safe (including internet safety etc)
- Nutrition: What are nutrients? What is good nutrition? Is good nutrition the same for everyone? simple nutrition advice based on our current understanding of good nutrition
- CPR: What is CPR? Why do we need to know what it is? What is involved? Practicing resuscitation on a "CPR dummy"
- Self-esteem and confidence: What is self-esteem and how is this linked to confidence? How can we build our own self-esteem and confidence? How can we help others build theirs?
- Sexuality education (outlined in more detail below)

In year 10 students look at sexuality education in more detail. The resource we have chosen to use to help our students learn more in relation to this topic is called Hei Huarahi, The Sexuality Road. This program and the resources included, has been created by Family planning to provide

teachers with a comprehensive unit of work that can be used to achieve the objectives of the Health Curriculum. Below is an excerpt from the covering document of the resource:

“The program is based on the view that young people can be trusted as sexual agents to make their own decisions around their sexual journeys and that to do so they must first acquire information and knowledge to make informed, health affirming choices.

Hei Huarahi includes and issues that reflect young people’s experiences such as dealing with pressure and the influence of alcohol. The objective is to educate and foster skills such as assertive communication and positive decision making so that if and when young people choose to engage in sexual contact it will be wanted, safe, non-pressured and more likely to be a positive experience. Research shows that with comprehensive sexuality education young people are more likely to postpone sexual involvement and engage in safer sex practices when they do.”

The resource has various categories/themes that can be covered in the lessons, with several learning activities/resources available for each category/them. The list of topics that can be covered is as follows:

- Alcohol and drugs
- Assertiveness
- Communication
- Crush
- Fertility
- Hot 4 who
- Hurt
- Lust
- Pregnancy
- Respect
- Sexually transmitted infections (STI’s)
- STI checks
- Contraception
- Fears
- Fooling around
- Hooking up
- Love
- Pleasure
- Pressure
- Sex

Sexuality is a normal part of adolescent life however, sexuality education can be a topic surrounded with shyness and embarrassment. The Hei Huarahi resource is comprehensive and well thought out and as a faculty we believe it is an excellent tool to help us engage students and encourage them to learn about and deal with their individual sexual journey as effectively as possible.