

Year 8 Next Step (puberty) Unit

In this unit students will be expected to explore the concept of friendship and define what's fun and what's hurtful. They will practise a variety of assertive responses to pressure and practise making decisions consciously. They will be encouraged to model joint decision-making in friendship and relationship scenarios by practising negotiating an arrangement that suits both people.

Students will draw on their prior knowledge of body parts and pubertal change and familiarise themselves with the correct medical language for these by labelling reproductive organs on to templates. They will complete a 'True or False' Puberty Quiz and have an opportunity to contribute answers and to ask questions through class discussion.

Students will acknowledge the existence of loving and sexual feelings through establishing that there are many ways to express these emotions. The teacher will read them a clear description of what sexual intercourse is and the students will be introduced to the notion that having or not having sexual intercourse involves a decision. They will understand (through completing flow charts and through discussion) that some decisions may lead to consequences that they are not prepared for or that may jeopardise their health.

Students have the opportunity to talk to the Public Health Nurse confidentially if they have any questions or concerns.

Material for the Year 8 unit is written by The Christchurch Education Unit and published by The Resource Unit, New Zealand Family Planning Association. From this material individual classroom teachers tailor their delivery of the unit by taking into consideration their students' values, beliefs, maturity level and prior knowledge.