

18th September 2026

Relationships and Sexuality Education

Dear Parents/Caregivers,



204 Selwyn Street
Christchurch 8024
Ph (03) 332 2408

Relationships and Sexuality Education is part of The New Zealand Curriculum and it is a requirement that it is taught as part of the Health and Physical Education learning area from Years 1-10.

In Health Education, students develop competencies for health and positive sexuality, build resilience, learn to demonstrate empathy, and develop skills that enhance personal Relationships.

Your child will be taught using a programme based on Navigating the Journey: Te mātauranga mō ngā hononga tāngata me te hōkakatanga, developed by Family Planning. The following topics are covered:

- Establishing a positive learning environment - Te whakarite i tētahi ao ako huapai
- Who am I? - Ko Wai au?
- Relationships - Ngā whanaungatanga
- Growing and changing - Te tipu me te huri o te tangata
- Staying safe - Te noho haumarū

We will have a copy of the resource, "Navigating the Journey: Te mātauranga mō ngā hononga tāngata me te hōkakatanga", available in the office for any parents/caregivers who would like to visit and have a look at this resource.

Sexuality education is a valuable part of a child's learning, so we hope all children will be present for this programme. However, if you do not wish your child to participate in any aspect of the programme, please advise the Principal (principal@chchsouth.ac.nz) in writing before the programme starts.

Homeroom teachers will begin the programme from Monday, 6th October (Term 4, Week 1). Parents/caregivers will be kept up to date with the learning that is taking place as students progress through this programme.

Ngā mihi,