

COMMUNITY CONSULTATION - HEALTH EDUCATION STATEMENT – 2025-2027

At Papakura High School we recognise the importance of a high-quality Health Education programme. Whānau have the right to withdraw their student from any specific aspect of the programme below by written notification to the Head of Health and Physical Education.

YEAR 9

Hauora/Well-being

Students will learn and understand the four important dimensions of our wellbeing. These are physical, social, spiritual, mental and emotional well-being. All of these dimensions work together and are interconnected with each other to form positive wellbeing in a person's life.

Personal Care | Puberty

Students look at describing the physical and emotional changes a person goes through when their body goes from being a child to an adult.

Personal Identity

Students will learn and understand that personal identity affects all areas of life, from the choices you make, to the challenges you are willing to take on in your life.

Attitude and Values

Students will be able to understand that values are a person's principles or standards that they live by. These influence how they choose to think and behave.

Good Relationship & Bullying Awareness

Students will identify positive ways of effective communication between friends, contributing factors embedded in unhealthy relationships, and finding solutions to solve them.

YEAR 10

Well-being (Hauora) Enhancement

Students will learn and understand the important concepts of Hauora regarding all four dimensions of well-being in order to live a long, happy and healthy life. This unit will also focus on mental health issues and the importance of looking after one's mental health and overall wellbeing.

Sex Education

Students will be able to describe and explain all terms relating to sexual orientation and sexual identity and understand and identify key concepts regarding sexuality, gender stereotypes, and diversity

Contraception & Sexually Transmitted Infections

Students look at common sexually transmissible infections, signs, symptoms, where to go for help and advice. They also look at a variety of contraception available.

Drug & Alcohol Education

Students look at awareness through Hauora of the impact drugs have in our lives, legal issues, damage drugs can do, types of drugs and choices associated with their use.

My Digital Footprint

Students will learn about online behaviours, how they link to personal, interpersonal and societal factors and the positive and negative impacts on relationships.