

SEX SMART

Resources to teach **sexuality education** for secondary schools

Teacher Planning Manual with student
activities in a 14 lesson programme

For use with the Sex Smart CD Rom

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Sexuality Health Education
Based on the NZ Health Curriculum



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Introduction

Welcome to Sex Smart, the interactive programme which guides you through a comprehensive sex education course for adolescents. It is also a course that many adults have found informative and useful.

The CD is designed as either a guide for students working on their own, or as a tool for health teachers and teachers of sexuality education. The instructional material in this book is designed to be used in conjunction with the CD by trained professionals.

The fourteen lesson plans comprehensively cover the contents of the CD. Each lesson is designed to increase the students' knowledge of sexuality but also encourages the students to apply new knowledge to possible future situations whilst thinking about issues of responsibility.

The lesson plans are sequential, building on previous knowledge and understanding but they can also be used individually, targeting particular areas of learning. Initially the students need to know relevant anatomy, moving through to conception, contraception and the various outcomes of sexuality. It is important to remember that the focus should also be on the social, cultural and psychological outcomes of sex and sexuality.

The lessons have been developed in accordance with the New Zealand Health and Physical Education Curriculum document and include the use of key competencies as an essential part of learning. Each lesson has also been developed according to the future or current NCEA needs of the student. The links to the new curriculum have been identified in the unit overview.

Although most lessons are aimed at level 4 of the New Zealand Health and Physical Education Curriculum, the learning outcomes are just the suggested aims. Different and more advanced learning outcomes may be used for students that are more advanced in their learning.

The different Levels have been catered for by increasing the degree of difficulty progressively within the lesson: the instructional material at the beginning of the lesson is more suited to Level 4 whilst the instructional material at the end of the lesson is more appropriate for Level 6. This means the teacher should begin the activities according to the level of the class. However, the teacher may find it beneficial to the more advanced students to undertake earlier exercises to ensure gaps in understanding or knowledge are covered.

All instructional material is designed to meet not only the needs of the students but also the needs of the teachers. The key to learning from the disc is exploration where the students discover the answers, with the teacher facilitating learning. Most of the exercises can be moulded to meet time constraints or the ability of the students to ensure an appropriate level of learning.

Where appropriate the lesson ends with a short true/false test designed to quickly monitor the learning of the students. The tests can also be used at the beginning of a lesson to ascertain prior knowledge and to help the teacher determine which aspects of the lesson should be the foci.

Sexuality education has, in the past, been difficult to teach. The following course of instruction takes the focus off the teacher by getting the student more involved in their own learning and through shared learning with their peers.

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