



# Sexwise

An interactive theatre-based programme for Y9 – Y13 students

Presented and facilitated by four young professional actors

The Ministry of Health has purchased *Sexwise*  
Free of charge to receive. Priority will be given to:

- decile 1-6 schools
- alternative education providers
- any settings with a high percentage of Māori and / or Pacific Island students.

## **Sexwise:**

- Will tour districts of New Zealand between March and June 2016.
- Registrations close Friday 13 November 2015
- To receive *Sexwise* you must complete our online registration. This gives us the information we require to make the booking, and helps you plan for the visit.
- All actors have been Police Vetted.
- 2016 will mark the 27th year young people have participated in THETA's programmes across Aotearoa New Zealand.
- Letters of commendation are available from schools and groups who have previously taken part in THETA's programmes.

**GOAL:**

To challenge and motivate rangatahi/youth to discuss, explore and reflect on behaviours that affect their sexual and reproductive health and that of others, with reference to current accurate information.

**EDUCATIONAL OBJECTIVES:**

To provide theatre in education that:

1. promotes healthy relationships.
2. identifies and discusses the risks, influences and pressures relating to sexual health including informed consent and unintended pregnancy.
3. examines and challenges attitudes that reinforce stereotypes, homophobia, and all types of discrimination.
4. acknowledges and affirms sexual and gender diversity.
5. affirms the delay of sexual activity and abstinence.
6. encourages the practice of safer sex including practical information about sexual health services.
7. provides accurate information on STIs (sexually transmitted infections), their transmission, symptoms and prevention.

The educational objectives of the programme are linked to the Achievement Objectives (levels 4-8) stated in the Health and Physical Education part of *The New Zealand Curriculum* document.

**SEXWISE COMPRISES:**

- a) Theatre presentation (50 minutes from students seated and ready)
- b) Workshop (50 minutes)

**Total time required per student is two x 50 minute sessions**

**a) Theatre Component (one period)**

A performance with songs, humour and drama. It focuses on four 'typical' high school teens and follows their developing relationships. Unresolved questions in the narrative are carried over to the workshop, during which your students discuss issues and behaviours and provide real advice to the fictitious characters.

*This component is for the combined group of classes who will also receive the workshop later that day.*

**b) Workshop Component (one period)**

Interactive theatre based activities that promote questioning and discussion, enabling students to explore and reflect on behaviour that impacts on sexual health and wellbeing.

It is **essential** that all students participating in the programme attend this workshop.

*To maximise participation each workshop is **limited** to 35 students.*

- **To enable the best outcome, it is preferable that students participate in both components of the programme during the same school day.**
- **In most circumstances, THETA recommends that students workshop in their normal peer group settings. However please consider the cultural safety of your students and we will timetable separate gender sessions if requested to do so.**

## CREATING SUPPORTIVE ENVIRONMENTS

THETA recognises that we will be your guests and that your school is ultimately responsible for your health education programme. We support schools to use *Sexwise* as part of an integrated approach that enhances delivery of the sexual health component of the *The New Zealand Curriculum*. *Sexwise* will encourage meaningful communication between students, their Family and Whānau, the school community, and local health providers.

*Please note that Sexwise may trigger unresolved personal issues in some participants. It is an expectation that all settings who receive Sexwise have robust policies and processes in place to support students to be able to disclose sexual violence safely and sensitively. The Actor/Educators presenting Sexwise have received guidance around managing disclosures and will refer students on to support services within the school in the first instance. They are not trained counsellors.*

### Consultation with Family and Whānau

Should you request it during registration, a **preview of *Sexwise*** may be held for Family and Whānau, Boards of Trustees, Staff and the wider school community before students participate in the programme. A preview requires the school to actively promote attendance at an evening event, of usually ninety minutes to two hours duration.

THETA recommends that schools consult with parents / caregivers before and after *Sexwise*. You may take photos of the performance for your school newsletter etc.

## DEVELOPING PERSONAL SKILLS

*Sexwise* links to the Sexuality Education Key Area of Learning in the Health and Physical Education Curriculum and the values, key competencies and principles of *The New Zealand Curriculum*, which promotes the vision of helping young people to be confident, connected, actively involved lifelong learners

The *Sexwise* performance and workshop aims to initiate student recognition of, and discussion about:

- problem solving and strategies to deal with wellbeing related to sexual activity
- social interactions: friendships; building relationships; sexual attraction, influences and pressures
- risks and challenges; informed decision-making; safer sexual practices
- issues of self-worth and empowerment, individuality and accepting responsibility
- attitudes and stereotypes; tolerance and prejudice; diversity and sexual orientation
- rights and responsibilities; ethical issues
- health services and student support

### **A** *Personal Health and Physical development*

- Personal growth and development
- Safety management
- Personal identity

### **C** *Relationships with other people*

- Relationships,
- Identity sensitivity and respect
- C3 Interpersonal skills

### **D** *Healthy communities and environments*

- Societal attitudes and values
- Community resources
- Rights, responsibilities and laws

Teachers should use the programme as a learning focus to enhance the programmes they plan for their students.

**THETA supports the Health and Physical Education component of *The New Zealand Curriculum* and uses drama as a tool for learning. THETA is committed to working in partnership with New Zealand schools and health providers.**

**Recognising best practice models as well as the holistic framework of the Curriculum, THETA aims to enable integration of its programmes into schools existing health education strategies.**

**THETA recommends that students will be served best by the use of *Sexwise* as only one resource alongside others in the health education programme they are currently participating in.**

**THETA is a member of the New Zealand Health Educators Association (NZHEA), Health Promoting Schools, and Promoters Advocating Sexual Health in Aotearoa New Zealand (PASHANZ).**



**THETA LOOKS FORWARD TO WORKING WITH YOU**

For additional information: [www.theta.org.nz](http://www.theta.org.nz)

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**Register online to receive *Sexwise***

**[www.theta.org.nz](http://www.theta.org.nz)**

**Registrations will close Friday 13 November**

**We advise there is high demand for the programme and recommend an early registration**

