

THE COLOURS OF SEXUALITY

A toolkit for teachers of
intellectually disabled students

FOR PARENTS,
CAREGIVERS
AND WHĀNAU

Sexual Wellbeing Aotearoa has developed The Colours of Sexuality to provide teachers with a framework to navigate Relationships and Sexuality Education (RSE) with young people who may need extra support in understanding this core part of the Health and Physical Education curriculum.

The Colours of Sexuality is a seven-theme programme organised as coloured wheels representing the different types of relationships in a young person's life. Each theme contains activities that explore topics such as building friendships, personal boundaries, and managing emotions. The activities are interactive and highly visual to aid in engagement and support learning through experience and practice. The goal is to educate and develop skills such as appropriate touch, assertive communication and positive decision making. This will help young people have safe relationships and experiences.

The resource also provides recommendations for how to tailor the activities from our comprehensive Navigating the Journey resource suite to meet any additional needs of the classroom. This will also help ensure that young people receive all of the information that they will need to look after themselves and be healthy.



PURPLE WHEEL I am the most important person in my life.



BLUE WHEEL My Family.



GREEN WHEEL My Friends.



YELLOW WHEEL Other important people in my life.



ORANGE WHEEL Acquaintances.



RED WHEEL Strangers.



SILVER WHEEL Romantic Partners.

For more information on relationships and sexuality education (RSE) in schools, the Ministry of Education has pages dedicated to explaining about this area of the curriculum.

Primary school information

Secondary school information

Sexual Wellbeing Aotearoa encourages talking to your tamaiti/tamariki about relationships and sexuality. This should actively compliment what is being talked about in the classroom, however, you may wish to talk with your tamaiti/tamariki before they have their RSE lessons in the classroom. To help you learn more and support you with these conversations at home, we have several resources available.

For more information about relationships and sexuality education topics, check out the advice pages on our website www.sexualwellbeing.org.nz/advice/.

We also have resources available for parents and whanau, including a downloadable resource *Ngā Kākano*.

Click here for more information www.sexualwellbeing.org.nz/learn/for-parents-whanau/.