



Te Puāwaitanga: Lesson Plans

Beyond the Birds & Bees

Activity: Aroha, Love, Lust, and Healthy Relationships	
Connection to APP material: What is Aroha/Love	Time: 50min
<p>Learning intentions: Identify the difference between Lust and Love.</p> <p>Engage in inquiry into features of a healthy relationship.</p> <p>Ākonga will:</p> <p>Reflect on and discuss their responses to statements about Love and Lust in a values continuum activity.</p> <p>Be able to put the definitions of ‘Love’ and ‘Lust’ into their own words.</p> <p>Complete inquiry into healthy relationships using Te Puāwaitanga: Beyond the B&B.</p>	<p>Underlying Concepts: Hauora- Exploring values and beliefs about Aroha and Love. SEP- Reflecting on how our ideas about Aroha and Love shape our interactions with others. A &V - Acknowledging different viewpoints and reflecting on beliefs.</p> <p>Key Competency: Thinking Relating to others</p>
Quotes from rangatahi/young people: “ I think we need to know how to love because examples are never given, and lots of people rely on porn for that information which isn’t necessarily healthy” (Year 10)	
Background information: Young people need opportunities to explore different attitudes and beliefs around Aroha, Love, and Lust, and have the language to articulate these differences. This empowers them with the skills to differentiate between different types of romantic and sexual relationships. When people misconstrue Lust for Love this can result in unhealthy relationships— exploring different understandings of Love and exploring attitudes and beliefs about Aroha, Love, and Lust open opportunities to enhance relationships.	
Resources: Powerpoint and a screen or projector to display it. Pieces of A3 paper: enough for one for each group. Whiteboard and markers. Students need one laptop per group of 4-6.	
<p>Introduction</p> <p>5min: Show the powerpoint slide with a promotional image from the film ‘Crazy, Stupid, Love’ (or something relevant to your ākonga) and prompt students to have a brief discussion:</p> <ul style="list-style-type: none"> • Do these images all show ‘Aroha’ or ‘love’? • Why/why not? • What other words might you use to describe them? • How do you define the terms Aroha and Love? What other words are used around the world to define the different ways we think about Love? <p>2min: Remind the group of the safety guidelines.</p>	

2min: Introduce the learning intentions and explain how these are going to be achieved

- Identify the difference between Aroha, Lust and Love.
- Engage in inquiry into features of a healthy relationship.

Development

3min: Ask ākongā to think/pair/share and write responses on the board as a mind-map: What is Aroha or Love? What comes to mind when you hear these words?

3min: Ask ākongā to think/pair/share and write responses on the board as a mind-map: What is Lust? What comes to mind when you hear this word?

5min: Explain that each group should have one laptop. The person with their laptop open should go to beyondthebirdsandbees.co.nz/app/browse-topics/ and go to the section “What is Love?”.

- In their group they should discuss the definitions of Aroha, Love and Lust.
- Do these definitions surprise them? Why? Why not?

10min: The next activity is a continuum activity. Explain to ākongā where the continuum will run. Explain that one end is “agree” and one end is “disagree”. Kaiako reads a statement and after each statement they get a minute to discuss their position with the person next to them. When they have claimed their position on the continuum, kaiako should facilitate group discussions.

The statements are:

- Lust is more superficial (shallow, meaningless) than Love.
- Love at first sight is actually Lust.
- It is possible to be ‘in lust’ with someone you have been with for a long time.
- Lust is a necessary part of Love.
- You can be in Love and Lust at the same time, with the same person.

5min: Ākongā should take a seat at their tables.

- Each group should write a one-sentence definition in their own words for each term at the top of their A3 piece of paper.

5min: Ask ākongā to think/pair/share: why it might be important to explore the differences between Lust and different ideas of Romantic Love and Aroha nui.

5min: Explain that it’s important to explore the differences between Aroha, Love and Lust for lots of reasons. In real life people often mistake one for the other—someone might think that if someone desires or lusts for them, they love them. This can lead to some difficult situations in terms of unhealthy relationships. Explain that the next activity is focused on thinking critically about healthy relationships. Explain that being able to have healthy relationships is an essential part of wellbeing, this includes friendships, family relationships, and romantic and sexual relationships. This connects to taha whānau, the social dimension of hauora. Remind ākongā of Hauora and Te Whare Tapa Whā, draw a diagram of whare on the whiteboard. (Kaiako could also discuss Māori Love stories and connection to whānau to explore different ideas about Aroha and Aroha Nui).

10min: In their groups they should reopen the Beyond the Birds and Bees web-app. They should use “What about Love?” section of the web-app and respond to these prompts:

- What are the five love languages? Why might this be important knowledge for building a healthy relationship?
- What are two skills that are important for maintaining a healthy relationship? Why are these important?

These prompts are written on the powerpoint, and ākonga should write their responses on the A3 paper in their groups. Ākonga could then explore other notions of love languages from different cultural lenses.

Closure

5min: One word lesson closure

- Each desk group of ākonga should come up with one word to reflect today's lesson. This could regard learning such as emotions, love, relationships or how they found the lesson such as challenging, fun or enjoyable.
- Teacher is to go around the class and get one word from each group as feedback.

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