



Relationships and sexuality (RSE) ideas from rangatahi/young people

Research informing the creation of Te Puāwaitanga: Beyond the Birds and Bees involved written responses to questions and focus groups. The following tables were generated in response to the written question, “What content do you think young people would want in an online platform focused on relationships and sexuality education?” The anonymous written responses were generated from 81 young people across six secondary schools (ranging from Decile 1-10). All participants were aged 13-18 years. Participants wrote down their responses and placed them in a response box. The research team collated the responses and generated six themes. Each theme contains the actual written words of rangatahi with only spelling errors or sentence structures minimally adjusted for ease of reading. The responses do not represent the exact number of times different participants mentioned identical statements.

The purpose of the tables is to provide an overview of young people’s initial thoughts about RSE and an impetus for further discussion. Further research findings generated from in-depth discussions across the focus groups will be available in the future.

Six key themes were generated:

- 1. Relationships and Dating Advice*
- 2. Sexual Activity and Intimacy*
- 3. Sexual Identity*
- 4. Gender*
- 5. Communication*
- 6. Changing Bodies and Sexual Health*

We ask that anyone using these tables provides us with examples of use in practice and any feedback.



Te Puāwaitanga:
Beyond the
Birds & Bees

Relationships and Dating Advice

Unhealthy - identifying and ending	Healthy and safe relationships	Starting out	Understanding feelings
Healthy vs unhealthy relationships.	Dating advice.	How to get into a relationship? How to form a healthy relationship?	How do you know if this feeling is real for them?
I think relationships have been talked about a lot, but toxic ones and how to spot them would be helpful and also ways to escape or get out of them safely.	How do I treat her the right way?	How do relationships work? What age is it appropriate to get into a dating relationship/start dating?	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.
How to know if someone is in a bad relationship.	What makes a healthy relationship?	Also like dating advice. Like how to tell someone you like them, or how to tell if someone likes you.	Love.
How to know if your relationship is toxic.	How to have a good relationship?	How do I flirt?	Difference between love and lust.
How to know if you're being led on/used.	Do's and don'ts of relationships.	How do I talk to people I am attracted to?	How do you know if this feeling is real for them?
When is a relationship too toxic?	Healthy vs. unhealthy relationships.	How to ask someone out.	How do you know if you like them?
How to see the "red flags" before it's too late?	How to: healthy relationship.	How to make the first move?	Ways to deal with breakups.
How to identify a toxic friendship or relationship?	Learning what is and isn't normal.	How do you know how to move the friendship into an intimate relationship?	Feeling neglected by my crush.
What's a good and bad relationship?	What a good relationship looks like.	How to tell someone you like/love them?	How do I make and keep relationships with the opposite sex.
Knowing when to step away from toxic relationships.	Also, advice with online relationships and online safety.	What to do in a situation like if you like someone or if someone asks you out.	Just because you're gay doesn't mean the age gap leaves.
How do you have a safe break-up?	How to deal with relationships?	How to gain trust in each other.	Age gaps are dangerous- let's talk about it.



Relationships and Dating Advice Continued

Unhealthy - Identifying and Ending	Keeping Healthy and Safe	Starting Out	Understanding feelings
What a healthy relationship looks like vs an unhealthy one.	Date someone who is self-improving.	What to do when someone says they love you and you do not feel the same.	Don't date people who will stop you from your grind.
How boys can manipulate you and how to leave.	Is it weird if your boyfriend doesn't want you to meet his family?	What age is socially acceptable to start dating?	How do I make and keep relationships with the opposite sex?
The difference between healthy and toxic relationships.		What makes a high school relationship work?	
The difference between healthy and toxic relationships.		What to do when you like/love someone but they don't like you back or aren't at the same point of feelings as you.	
Red flags in a relationship.		What age should/can you start being in a relationship?	
Why do people who have been together can't say no when they next see each other. Why when people break up, they keep getting drawn back into the relationship etc.		Is it cheating if you have a boyfriend and get with a girl?	
Who you can go to or how to manage toxic relationships.		Why are teenage boys never ready for a relationship?	
How to leave a toxic person?		What is considered cheating? Why do people cheat?	
Places to go to or people to talk to when in an abusive situation.		What good boundaries look like.	



Sexual Activity and Intimacy

"How to's" of Sex / Intimacy	"How to's" Safer Sex
What classifies as sex? What is sex?	How do I keep safe during sex?
Sex positions - how to "do it"? What's a good sex position?	How to be safe?
How does sex work - how to know when ready?	How to protect yourself when you have sex?
When do you know if you're ready for sex?	How to use protection?
How do I know if I'm ready for sex?	Gay sex protection.
What's normal when having sexual intercourse?	Safe sex.
How to have good sex - so it doesn't hurt.	Risk to do with sex.
Does sex hurt?	What could happen if you have sex?
If you bleed after sex, what does that mean?	How to identify STIs / How do I know if I have an STI/ How do I know what STI I have?
If sex hurts, does that matter and why?	If you have something weird but you don't know what it is.
Why does a girl bleed after sex?	Information about STIs. What is the treatment like/
Cracking myths and misconceptions. Clearing up myths vs facts?	Where to get tested?
Does size matter?	Symptoms.
Normalising the "Abnormal"	Also, protection against sexual assault.
Why do boys not know where the clit is?	Contraception (time frame, where to get, which type) x 2
Why do not many girls finish from penetration?	Contraceptives - which ones are the best?



Sexual Activity and Intimacy Continued

"How to's" of Sex / Intimacy	"How to's" Safe Sex
How to respectfully pleasure a woman (learning how to treat a woman during sex).	More information around contraception for both female and male.
I also think that masturbation is important to learn about because I have no idea how it works, it sounds pleasant, but I have been given no explanation on how to have one.	Where to get contraception and pregnancy tests - possibly for free or anonymously.
How to please the other gender.	Legal ages for ...
Pleasure.	What is the age of consent?
Where the G spot is.	What's the legal age for sex/consent?
Person's preference for sex.	Why it's important to ask for consent?
Self-pleasure practice Boys & Girls.	Consent.
What hole do you put it in?	Where to find protection and help with issues like what to do if pregnant at a young age?
Information around the do's and don'ts of sex.	How to deal with a rape accusation?
Learning what is and isn't normal.	
Sex toys.	
Should I use lube and what one do I use?	
Expectations - how it's different to porn.	



Sexual Identity

Sexual Identity and Exploration	Sexuality Knowledge and Skills
How to 'come out'?	All the different identities.
Coming out- how to do it safely etc?	Different sexualities.
How to approach coming out?	Definitions of sexualities and genders. Not just gay, straight, and bi.
How to come out about your sexuality?	Sexuality and the difference between sex and gender.
Safe ways to start your journey.	It's fluid & can change.
How they identify?	Sexuality: it's ok and NOT abnormal not to know.
How to access help specifically for LGBTQ stuff?	More unknown genders/sexuality.
How to know if you're gay?	Sexuality is talked about, but not enough. It's a really important part of a person figuring out how you feel, and it can be really relieving. It would be nice to have a long list of sexualities with their definitions to help people identify.
What you can do when you don't know your sexuality?	What different genders/sexualities are there and how can I be respectful about their ideas and beliefs?
What you can do when you think you aren't safe with your sexuality?	People wanna know about the LGBTQ community.
Support systems while figuring out your identity?	On average how long does it take for someone to come out?
Who to talk to (sexuality)?	How to access help specifically for LGBTQ stuff?



Gender		
Gender Identity & Exploration	Gender Identity Knowledge	Gender Inequalities
Coming out- how to do it safely etc?	Information about different genders and identities?	Gender- it varies, and it is okay if you don't fit in the conventional box's society sets.
Conversations with family/friends about coming out.	People wanna know about the LGBTQ community.	Why is it normalised for boys to watch porn but not girls?
Safe ways to start your journey.	Support for figuring out gender identity x 4	Human rights around transitioning.
How to approach coming out?	Difference between legal gender and personal identification.	The effects of gender differences.
Support systems while figuring out your identity.	What the difference between other pronouns because they can be confusing?	
How do people identify?	What different genders/sexualities are there? How can I be respectful about their ideas and beliefs?	
Gender dysphoria.	More unknown genders/sexuality.	
Ways to look more like your gender.	Learning about pronouns.	
How to access hormonal/physical change?	How many people in New Zealand do not identify themselves as either male or female?	
	How many genders?	
	All the different sexualities and genders?	



Communication

Communication - Partner	Communication - Peers	Communication – Whānau & Community
Consent - how to give/ask for consent, what classifies as consent?	Conversations with family/friends about coming out.	Conversations with family/friends about coming out.
What to do if being pushed into sexual situations?	How to encourage a friend to leave a boyfriend who's bad for her?	How to converse with parents or caregivers and to build a level of understanding with them? For example, coming out to them about your sexuality.
How to read body language?	Drugs and how to be safe if you choose to do them or how to avoid peer pressure.	What's like natural or normal when it comes to sex and teenagers? Coz some parents are against everything.
How to give/get consent?	Good ways to say no to peer pressure.	Who to talk to when you can't talk to your parents about anything?
How to ask what the other person wants?	How to end toxic friendships and relationships without it hurting anyone to a degree.	How to handle or who/where to go if your family isn't supportive?
How to bring up talking about sex?	How to identify a toxic friendship or relationship?	Talking to family.
How to end a relationship?	How to comfort a friend who is struggling mentally?	Being able to talk to our parents or caregivers about relationships. Coming from a traditional/conservative side.
Consent.	Friendships.	
	Toxic friendship advice.	



Changing Bodies and Sexual Health

Understanding their Bodies	Sexual Health – General
A general look at what will happen during puberty.	Sexual Health and who to talk to about facts etc.
How to deal with a wet dream?	Infertility.
How to deal with growing up and having your body change?	How to wash semen out of clothing and fabrics?
Puberty and how it can be different for people (cos it's often encapsulated into one thing- including info about intersex).	Hygiene tips.
What changes are there during puberty - feelings, physical things etc?	Info about period pain and endometriosis.
How the reproductive systems work in depth and normalising being comfortable in talking about it.	More about like, periods, since we never really learned about it in school. I don't know about other people, but I never learned.
Info on different body parts.	
The anatomy or how sexual organs work.	
How your body works?	
Anatomy.	

