

The 'Health Education in the New Zealand Curriculum' video

How to facilitate a group discussion

This video provides a summary of health education.

Using the video in a consultation meeting/workshop:

- Screen the 5-minute video in full and then facilitate group discussions about the questions raised, OR
- Screen the video in 3 segments, allowing time to discuss the questions after each segment (which may cover 2 questions), OR
- Use events like parent-teacher meetings, sports and cultural events: set up a display where the Tūturu video can be continuously screened and add questions to prompt discussion.

After the video, ask all participants to discuss their ideas using the same questions that appear in the video.

What is covered in the video

Questions posed in video	Main themes/statements in video
What do you remember about health education class?	Parent recalls experiences of health education. Teacher responds to the recollections and the misconceptions of health education based on past narrow approaches to health education (mainly biological) and to focus now on the broadness of the topic.
Why is health education important?	Teacher explains the importance of health education skills and knowledge. Students describe the holistic nature of health education, some specific examples of what is learned, and the value of seeing the bigger picture around wellbeing.
What content is covered in health education?	Teacher talks about examples of health education content and skills, including the importance of critical thinking. Student reiterates and adds to teacher's list of content... <i>"helps you see the bigger picture"</i> Teacher mentions the possibilities for health education ideas being interwoven cross-curriculum and the Tūturu materials.
What's the school's role in health education?	Teacher mentions the role and purpose of consultation.
What's the role of whānau in health education?	Parent comments on the value of being able to engage with aspects of student's learning, what his daughter has come home with, how whānau can act on some aspects of what students take home, and how talking with your children is the responsibility of a parent... And that your children need to feel <i>'comfortable and loved enough to be able to talk to you about what's on their mind.'</i>
Final statement	Teacher sums up by talking about empowering young people in ways they can support their own wellbeing, that of others, and contribute to the wellbeing of communities through collective action.