

How to engage your children in discussions about health education

Students may want to talk about what they are learning in health education with their family. This gives you opportunities to share your thoughts, values, and beliefs on different topics.

Remember that students are developing their abilities to critique information and make sense of what they see and hear. You can help them do that by asking questions such as:

- What do you think about that?
- What do you think our family values are, and how do you think they apply in this situation?
- What actions could be taken to improve wellbeing in this situation?

Asking questions is how you can help your child learn the critical thinking skills they need to be healthy and well as an adult. Avoid statements that your child might interpret as meaning they can't talk to you about a topic. Asking questions helps you to keep the conversation going and avoid shutting down the conversation.

Framework for developing additional parent resources

This consultation is about how we provide health education. Some students will require further support for health and wellbeing issues, and how we provide that support is not part of this consultation.

Here are some local organisations that could help if you would like further support with your child

The Ministry of Education provides a range of support materials for parents seeking information about student health and wellbeing, plus ways parents can engage their children in discussions about their learning.	Parents are directed to the 'For Parents' part of the Ministry of Education website (select the secondary section, or other levels for children in early childhood, primary or tertiary situations) https://parents.education.govt.nz/secondary-school Select 'wellbeing' from the menu, which brings up options related to 'Bullying' and 'Wellbeing at home and school'. These sections of the website contain links to many other websites designed for parents https://parents.education.govt.nz/secondary-school/wellbeing
Mental health	Favour official NGO (usually .org) or .govt sites for consistency with education and other national policy on health and wellbeing matters.
Alcohol and other drugs	Consider what is locally relevant, and culturally responsive and inclusive e.g. use of online materials reflecting the perspectives and interests of Māori and Pasifika, and other ethnic communities, where these are available.
Food and nutrition	Direct parents to sections of large websites that have specific relevance for young people and/or parents.
Sexuality education	<i>NB. A brochure specifically for parents, and focusing on sexuality education can be found at https://parents.education.govt.nz/primary-school/learning-at-school/sexuality-education</i>