



# CHIJ Primary (Toa Payoh)

*~Simple in Virtue ~~ Steadfast in Duty~*

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March 2018

Dear Parents/ Guardians,

## **P5 GROWING YEARS (GY) PROGRAMME 2018 (MOE SEXUALITY EDUCATION IN SCHOOLS)**

1. Sexuality Education (SEd) in schools is about enabling students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships including those with members of the opposite sex, and make wise, informed and responsible decisions on sexuality matters. SEd is premised on the importance of the family as the basic unit of society. This means encouraging healthy, heterosexual marriages and stable nuclear family units with extended family support. The teaching and learning of SEd is based on respect for the values and beliefs of the different ethnic and religious communities in Singapore on sexuality issues.

2. The goals of Sexuality Education are:

- (i) To help students make wise, responsible and informed decisions through the provision of accurate, current and age-appropriate knowledge on human sexuality and the consequences of sexual activity;
- (ii) To help students know themselves and build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, management of their thoughts, feelings and behaviours, development of empathy for others, possession of effective communication, problem-solving and decision-making skills; and
- (iii) To help students develop a moral compass, respect for themselves and for others as sexual beings, premised on the family as the basic unit of society, through the inculcation of positive mainstream values and attitudes about sexuality.

3. The key messages of Sexuality Education are:

- (i) Love and respect yourself as you love and respect others;
- (ii) Build positive relationships based on love and respect (which are the foundation for strong families);
- (iii) Make responsible decisions for yourself, your family and society; and
- (iv) Abstinence before marriage is the best protection against STIs/HIV and unintended pregnancies. Casual sex can harm and hurt you and your loved ones.



## OVERVIEW OF SEXUALITY EDUCATION PROGRAMME FOR 2018 IN CHIJ PRIMARY (TOA PAYOH)

4. Sexuality Education is delivered in a holistic manner through the school curriculum. The content for Sexuality Education is grouped into five main themes: Human Development, Interpersonal Relationships, Sexual Health, Sexual Behaviour, and, Culture, Society and Law. You may go to the website: <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools> for more information on the scope of Sexuality Education in the school curriculum.
5. Please note that Growing Years (GY) Programme is conducted during the Form Teacher Guidance Periods (FTGP) using the MOE's **Growing Years (GY) Programme: "Curious Minds (2<sup>nd</sup> Edition)"** (Primary 5 & 6) Teaching & Learning resource package. It will be conducted by our trained teachers.
6. The upper primary years mark the onset of puberty. With better nutrition and improved health care, children are reaching puberty at a younger age and have to grapple with physical, emotional and psychological changes in themselves. The implication is that our children are becoming biologically ready for sexual activity sooner without necessarily having the corresponding cognitive or emotional maturity to modulate their behaviours. "Curious Minds" is a response to these challenges.
7. The refreshed Primary 5 & 6 Growing Years (GY) package, "Curious Minds (2<sup>nd</sup> Edition)", aims to meet students' developmental needs, give emphasis to the teaching of skills and values, and focus on helping students navigate *changes*, build healthy *relationships*, especially online relationships, and exercise *safety*.
8. Parents who wish to opt their children out of the **Growing Years (GY) programme** need to complete an opt-out form. This form will be distributed to parents at the start of Term 3 and is also available to be downloaded in the school website. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by week 2 of Term 3.
9. Parents can contact the school at **6353 2164 (Attention: Mrs Stephanie Goh, HOD CCE)** for discussion or to seek clarification about the school's sexuality education programme.
10. Parents, who wish to attend the school sexuality education programmes, should also contact the school to make the necessary arrangements.
11. Attached is an overview of the lessons from the Growing Years Programme which will be taught in 2018.

Yours faithfully,

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Mrs Stephanie Goh  
HOD Character & Citizenship Education (CCE)

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Mrs Margaret Tan  
Principal



**At CHIJ PRIMARY (TOA PAYOH), the following lessons from the  
Growing Years Programme will be taught in 2018:**

**PRIMARY 5**

<b>UNIT</b>	<b>LESSONS</b>	<b>LESSON OBJECTIVES</b> At the end of the lesson, pupils will be able to:	<b>TIME PERIOD</b>
Gosh! I Am Changing	What Is Happening To Me?	<ul style="list-style-type: none"> <li>know what puberty is</li> <li>identify the physical changes during puberty</li> </ul>	Term 4 Week 7
	What Can I Do? (Part 1)	<ul style="list-style-type: none"> <li>identify the stresses caused by physical changes during puberty</li> <li>describe ways to manage the stresses caused by physical changes during puberty</li> </ul>	Term 4 Week 7
	What Can I Do? (Part 2)	<ul style="list-style-type: none"> <li>identify the stresses caused by physical and emotional changes during puberty</li> <li>describe ways to manage the stresses caused by these changes during puberty</li> </ul>	Term 4 Week 7
Where I Belong	What Are Families?	<ul style="list-style-type: none"> <li>know that there are different types of family structures</li> <li>know that every family is unique</li> <li>state that the three basic functions of families are to provide love, protection and guidance</li> <li>identify the right sources of help to turn to when in need</li> </ul>	Term 4 Week 8
	What is My Role?	<ul style="list-style-type: none"> <li>know that gender is about being male or female</li> <li>choose not to stereotype by gender</li> </ul>	Term 4 Week 8
How Do I Keep Myself Safe?	What is Safety?	<ul style="list-style-type: none"> <li>know what sexual abuse is</li> <li>know that there are laws in Singapore that can protect them from sexual abuse</li> <li>know their rights in keeping themselves safe from sexual abuse</li> </ul>	Term 4 Week 9
	Stop It! Run! Tell!	<ul style="list-style-type: none"> <li>protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult</li> <li>know their responsibilities in minimising the risk of sexual harm</li> </ul>	Term 4 Week 9



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March 2018

To: Mrs Margaret Tan  
Principal  
CHIJ Primary (Toa Payoh)

## **Part 1: Acknowledgement Slip for Growing Years (GY) Programme for Year 2018 (For all parents)**

I acknowledge receipt of letter from the school dated on March 2018 regarding the school's sexuality education, *Growing Years* programme, that will be taught to my child/ward

\_\_\_\_\_ ( ) of P5\_\_\_\_\_ in 2018.

I have read and understood the information provided on the content coverage and delivery of the programme.

Name of Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_

## **Part 2: Parent Opt-out Form (Deadline: 29 March 2018) [Applicable only if parents wish to opt their child out of the *Growing Years* programme.]**

1. I would like to withdraw my child, \_\_\_\_\_, of  
(full name of child)

P5\_\_\_\_\_ from the *Growing Years* programme for 2018.  
(class of child)

2. My reason(s) for my decision to opt my child out of the programme:

- Religious reasons
- My child is too young.
- I would like to personally educate my child on sexuality matters.
- I do not think it is important for my child to attend Sexuality Education lessons.
- I have previously taught my child the topics in the GY Programme for this year.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Others (Please specify): \_\_\_\_\_

Name of Parent/ Guardian : \_\_\_\_\_ Signature: \_\_\_\_\_

Contact Number (HP) : \_\_\_\_\_

Email Address : \_\_\_\_\_

