

**Primary 5 (2024)**

# **Meet-the-Parents Session**

## **Sexuality Education (SEd) Programme Briefing**

**25 January 2024**

**A PRESENTATION BY  
BUKIT TIMAH PRIMARY SCHOOL**



**A SCHOOL THAT FUELS THE HEART AND MINDS TO BE FUTURE-READY**

More information can be downloaded from

<https://www.bukittimahpri.moe.edu.sg/info-for-parents/sexuality-education/>

**BUKIT TIMAH PRIMARY SCHOOL**  
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SCHOOL INFO ▾ KEY PROGRAMMES ▾ DEPARTMENT ▾ CCA ▾ **INFO FOR PARENTS ▾**

HOME / INFO FOR PARENTS / SEXUALITY EDUCATION

# Sexuality Education

Information for Parents ▾  
Blended Learning  
Briefing  
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Parent Support Group | PSG  
**Sexuality Education**  
School Bus Service  
School Vendor Information

## SEXUALITY EDUCATION

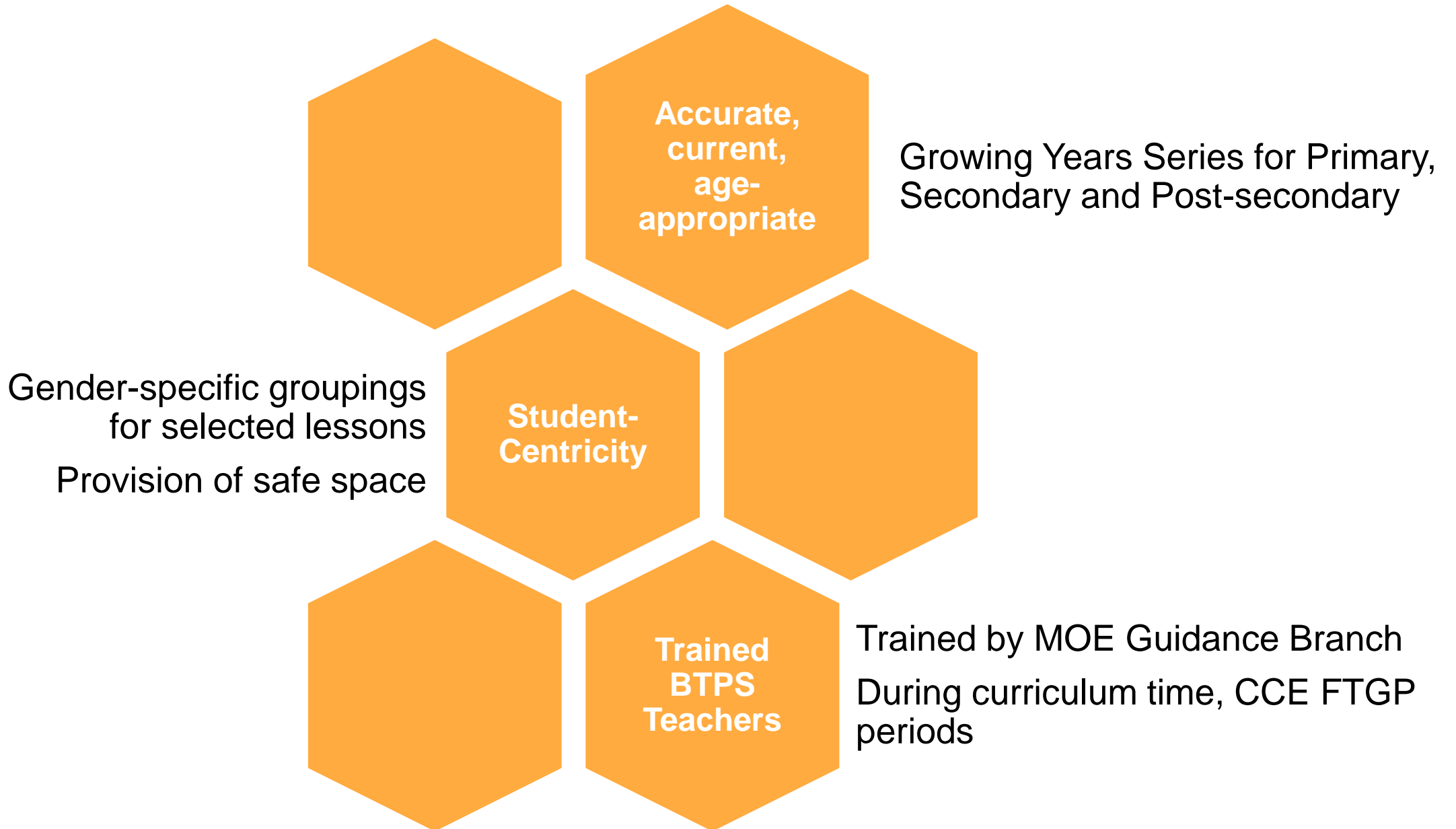
BUKIT TIMAH PRIMARY SCHOOL

MOE SEXUALITY EDUCATION IN SCHOOLS

# Goals of SEd Programme

- a) Support students in managing their physiological, social and emotional changes as they grow up and develop safe and healthy relationships.
- b) Guide students to make wise, informed and responsible decisions on sexuality matters.
- c) Help students develop a moral compass and respect for themselves and others by having positive mainstream values and attitudes about sexuality that are premised on the family as the basic unit of society.

# How SEd Programme is conducted



# Primary 5 lesson – Did You Know?

The Changes in Me

Did You Know?

Keeping Myself Safe

At Bukit Timah Primary School, the following Sexuality Education lessons will be



Ministry of Education  
SINGAPORE

2023 SEXUALITY EDUCATION LESSONS IN 'CCE 2021'

## PRIMARY 5

Lesson overview & learning resources

### Keeping Myself Safe from Harmful Content

**Stop**  
Sense the dangers.

**Think**  
about the consequences.

**Do**  
Act responsibly.

How do I know that this image or content is not safe for me?

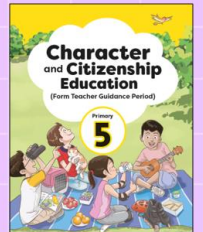
What are my choices and how will they affect me?

What responsible actions can I take?

- Does the image or content make me feel uncomfortable, weird, scared, confused or guilty?
- Can I understand what the content is about?
- Is it healthy/unhealthy, safe/unsafe, right/wrong if I view the image or content?

- How will it affect the way I view myself and others?
- Is it something that is against the school rules/the law?
- How will my parent/teacher respond if they see me looking at this image or content?
- Is it what I believe/think is important?

- Stop looking or viewing the image or content.  
E.g. Close the website immediately.  
Click 'Control-Alt-Delete' if the site does not allow you to exit.
- Tell a trusted adult such as \_\_\_\_\_
- Share with him/her any information that led you to this image/content.



CCE(FTGP) THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 2)
Growing Years	The Changes in Me (60 min)	This lesson focuses on helping students identify the emotions and stress caused by physical changes during puberty. Students will learn to describe the healthy ways to manage their negative feelings during this time. They will also learn to recognise that one's identity need not be negatively affected, even when one's body is experiencing changes due to puberty.  This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.	Term 4 Week 5
	Did You Know? (60 min)	This lesson focuses on helping students know what pornography is and how it can affect themselves and others. Students will learn about the dangers of being exposed to sexually explicit materials and reject the viewing and/or reading of pornographic materials. They will learn to evaluate their own responses when they encounter pornography by applying the strategy 'Stop-Think-Do'.	Term 4 Week 7

# Primary 5 lesson – Keeping Myself Safe

The Changes in Me

Did You Know?

Keeping Myself Safe

## Contextualised situations

Girls → Befriending a stranger through social media

Boys → Befriending someone through online games

### Common strategies that people with bad intentions use

- Give compliments and use flattery
- Show an interest in what we like, and appear to have common interests
- Show care and concern for us, and appear to have had similar experiences
- Gradually ask for increasing amounts of personal information
- Suggest sharing and keeping secrets
- Chat with us frequently



# Primary 6 Lesson – Are We More Than Friends?

Are we more than friends? (1)

Are we more than friends? (2)

## Ways to Cope with Infatuation



What are some helpful ways for me to cope?

- Being aware of my feelings and telling myself that feelings of infatuation are normal and part of growing up.
- Talking to a trusted adult like my parents, teacher or school counsellor.
- Focusing my time and attention on healthy activities and interests such as picking up a new sport or learning to play a musical instrument.



Why is this helpful?

- Acknowledging my feelings gives me time and space to make responsible decisions.
- A trusted adult can offer emotional support and guidance to act responsibly.
- Feelings of infatuation tend to be short term and these feelings become less intense over time.



What are some ways that are not helpful and healthy?

- Telling the person whom I like about my feelings immediately.
- Being upset and jealous when I see the person I like talking to other friends.
- Bottling up my thoughts and feelings and not sharing them with someone I trust.

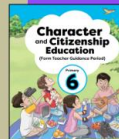


Why is this not helpful?

- The other person may not know how to react, and this will affect the friendship in the long term.
- It makes everyone feel awkward and affects the friendships of everyone involved.
- Unhealthy habits may be formed when I try to deal with these strong emotions on my own.



We need to show respect to others and act responsibly when we make any decisions.



Safe space to ask questions, know themselves and build healthy and rewarding relationships

# Is SEd compulsory?

- Parents/ Guardians can opt their child/ ward out of the programme by accessing the opt-out form through the school website or PG message.
- Students who are opted out will attend TPIT sessions with teachers during the lessons.
- Parents who have opted out from the programme can use the materials in the CCE FTGP journal to talk to their children about sexuality matters.

## Sexuality Education (SEd) Programme 2023

1 FEB 2023, 10:41AM • YAP XUE LI



1 Feb 2023, 2:00PM – 10 Feb 2023, 11:30PM

[Add to calendar](#)


### DETAILS

Dear Parent/ Guardian,

Please refer to the attached letter for the Sexuality Education (SEd)

### INFORMATION FOR PARENTS

8. Parents may opt their children out of Sexuality Education lessons, and/or supplementary Sexuality Education programmes by MOE-approved external providers.

Parents who wish to opt their children out of the Sexuality Education lessons need to complete an opt-out form. The letter and form will be distributed to parents at the start of the year and is also downloadable  [here](#). The completed opt-out [form](#) is to be submitted by 10 February 2023. </p>

Parents can contact the school at 6466 2863 (ext. 202) for discussion or to seek clarification about the school's Sexuality Education programme.



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## Thank You



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