



Sexuality Education (SEd) Programme

MEET-THE-PARENTS SESSION (COHORT BRIEFING)

Official-open/ Non-sensitive

More information can be downloaded from

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

BUKIT TIMAH PRIMARY SCHOOL
STRIVE FOR THE BEST

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SEXUALITY EDUCATION

BUKIT TIMAH PRIMARY SCHOOL

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Goals of SEd

- a) 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;
- b) 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
- c) 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**.

How the programme is conducted

- Growing Years (GY) Programme is offered to Primary, Secondary and Post-secondary levels
- Teachers are trained by MOE Guidance Branch to conduct these lessons
- Students are regrouped by gender for some of the lessons
- Lessons are conducted during CCE FTGP. Students who are opted out from the programme will have separate Teacher-Pupil Interaction Time with another teacher
- Parents/ Guardians have a choice to opt their child/ ward out of the programme at the beginning of Primary 5 and Primary 6.

Growing Years (GY) Programme – Primary 5

The Changes in Me

Did You Know?

Keeping Myself Safe

At Bukit Timah Primary School, the following Sexuality Education lessons will be taught in 2023:



Ministry of Education
SINGAPORE

2023 SEXUALITY EDUCATION LESSONS IN 'CCE 2021'

PRIMARY 5

CCE(FTGP) THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 2)
Growing Years	The Changes in Me (60 min)	<p>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.</p> <p>This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.</p>	Term 4 Week 5
	Did You Know? (60 min)	<p>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'.</p>	Term 4 Week 7

Keeping Myself Safe from Harmful Content

Stop
Sense the dangers.

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

- 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?

Think
about the consequences

What are my choices and how will they affect me?

- 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?

Do
Act responsibly.

What responsible actions can I take?

- 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.

Character and Citizenship Education
Primary 5

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Growing Years (GY) Programme – Primary 5

The Changes in Me

Did You Know?

Keeping Myself Safe

Contextualised situations to help boys and girls make responsible decisions.

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

Family Time Family Activities

In the space below, write down three sentences on what you have learnt about keeping yourself safe. You can refer to the helping phrases and use them in your sentences. Share what you have written with your parents/guardians.

We did it together!

Parent's/Guardian's signature: _____

Helping Phrases

I cannot keep secrets when... Asking for help is... I have the right to...
Nobody has the right to... Whenever I do not feel comfortable... Treat me with respect by...

How Do I Keep Myself Safe?

A Note to Parents/Guardians:

Check out this resource. Find tips to protect your child/ward from online sexual grooming.

Do you have a question on any of the lessons but you are too shy to ask the teacher? Write it down here. Cut along the dotted line and give this slip to your teacher.

I have a question... _____

Growing Years 45

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Growing Years (GY) Programme – Primary 6

Did You Know?

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.

Character Education 6

My Personal Checklist

Tick (✓) the box that best describes your level of understanding.

	I Need a Little More Help...	I Am Getting There...	I Learnt This!
Do I know the differences between love and infatuation?	<input type="radio"/> I am not sure of the differences. I need help to know more about this.	<input type="radio"/> I know one to two differences.	<input type="radio"/> I know most of the differences.
Do I know the ways to manage emotions arising from infatuation?	<input type="radio"/> I am not sure how to manage the emotions. I need help to know more about this.	<input type="radio"/> I know one way to manage the emotions.	<input type="radio"/> I know a few ways to manage the emotions.
Do I know the ways to cope with teasing from friends?	<input type="radio"/> I am not sure how to cope with the teasing. I need help to know more about this.	<input type="radio"/> I know one way to cope with the teasing.	<input type="radio"/> I know several ways to cope with the teasing.

Choose encouragement stickers from page 47 for yourself.

Family Chat Time

I can...

- share with my family members two helpful and two unhelpful ways to cope with feelings of infatuation.
- ask my family members to share tips on coping with infatuation.

We have done this!

Parent's / Guardian's signature

A Note to Parents/Guardians:

Check out this resource: Let's Talk About... Crushes

36 Growing Years

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Is the programme compulsory?

HOME BASED LEARNING

Dental Information

Briefing


Sexuality Education

Others



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.

Parents/ Guardians can opt their child/ ward out of the programme by accessing the opt-out form through the school website or PG message by Friday, 10 February.

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) Programme conducted in Bukit Timah Primary School and click on the acknowledgement button after reading it.

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