



Sexuality Education (SEd) Programme

MEET-THE-PARENTS SESSION (COHORT BRIEFING)

Goals of Sexuality Education

- 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 attend Let's CHAT session 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)	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

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.

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

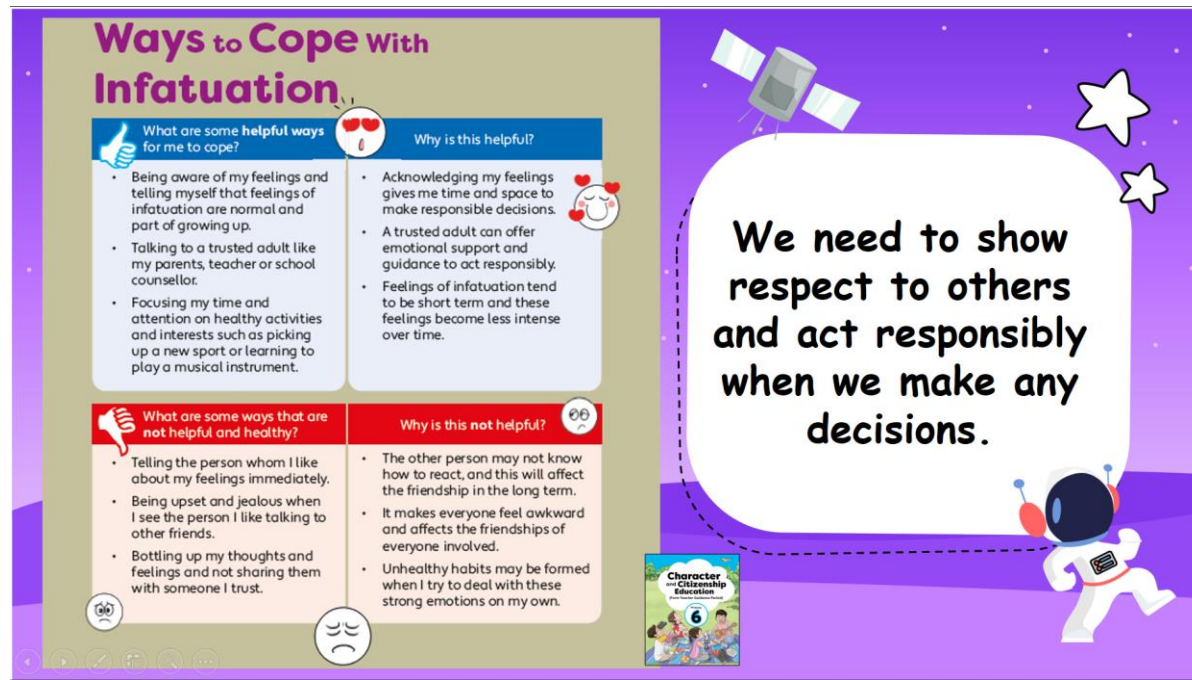
Common strategies that people with bad intentions use

- 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

Growing Years (GY) Programme – Primary 6

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?	Why is this helpful?
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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?	Why is this not helpful?
<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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 – Citizenship Education 6

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, which will be sent by end of January.

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.

More information can be downloaded from

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

The screenshot shows the website header for Bukit Timah Primary School. The navigation menu includes: STAFF, SCHOOL INFO, KEY PROGRAMMES, DEPARTMENT, CCA, PARTNERS, and INFO FOR PARENTS. The 'INFO FOR PARENTS' dropdown menu is open, listing: Information for Parents, HOME BASED LEARNING, Dental Information, Briefing, Sexuality Education (highlighted with a red box), and Others. The main content area features a blue banner with the text 'Sexuality Education' and a breadcrumb trail: HOME / INFO FOR PARENTS / SEXUALITY EDUCATION. Below the banner, the text 'SEXUALITY EDUCATION' is displayed in large green letters, followed by 'BUKIT TIMAH PRIMARY SCHOOL'. On the left side, there are links for 'Information for Parents', 'HOME BASED LEARNING', and 'Dental Information'.