



23 January 2017

2017- 022

Dear Parents/ Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS - *THE GROWING YEARS PROGRAMME*

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.

4. Please visit the school's Sexuality Education webpage (<http://cantonmentpri.moe.edu.sg/useful-links/for-parents>) for more information on Cantonment Primary School's Sexuality Education Programme for 2017.
5. Kindly complete and acknowledge the reply form and submit to the class form teacher by **02 February 2017, Thursday.**
6. You may wish to note that you can opt your child/ward out of the Growing Years (GY) programme by citing the reasons for doing so in the reply form. However, the school encourages all students to participate in the programme as its main objective is to develop students holistically.
7. Thank you.

Yours faithfully,



Mrs Soh Mei Foong
Signature of Principal

Topics covered:

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD
Gosh! I Am Changing	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> • know what puberty is • identify the physical changes during puberty 	Term 2
	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> • identify the stresses caused by physical changes during puberty • describe ways to manage the stresses caused by physical changes during puberty 	Term 2
	What Can I Do? (Part 2) (30 min)	<ul style="list-style-type: none"> • identify the stresses caused by physical and emotional changes during puberty • describe ways to manage the stresses caused by these changes during puberty 	Term 2
	Main Task (30 min)	<p>Description of the Main Task: Students are to play the role of an Uncle/Aunt Agony to help a peer address his/her experiences during puberty. They will consider the situation from the point of view of the peer and share ways to help him/her cope with the changes he/she is going through.</p>	Term 2
Where I Belong	What Are Families? (30 min)	<ul style="list-style-type: none"> • know that there are different types of family structures • know that every family is unique • state that the three basic functions of families are to provide love, protection and guidance • identify the right sources of help to turn to when in need 	Term 4
	What is My Role? (30 min)	<ul style="list-style-type: none"> • know that gender is about being male or female • choose not to stereotype by gender 	Term 4
How Do I Keep Myself Safe?	What is Safety? (30 min)	<ul style="list-style-type: none"> • know what sexual abuse is • know that there are laws in Singapore that can protect them from sexual abuse • know their rights in keeping themselves safe from sexual abuse 	Term 4
	Stop It! Run! Tell! (30 min)	<ul style="list-style-type: none"> • protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult • know their responsibilities in minimising the risk of sexual harm 	Term 4



Cantonment Primary School
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Fax: 6511 9556
Email: cantonment_ps@moe.edu.sg

Date: _____

Parent's Name: _____

Parent of (Child's name): _____

Mrs Soh Mei Foong
Cantonment Primary School

Dear Principal

THE *GROWING YEARS* PROGRAMME FOR YEAR 2017 (PRIMARY 5)

Acknowledgement of Letter – For all parents.

I acknowledge receipt of letter from the school regarding the school's sexuality education, *Growing Years* programme, that will be taught in 2017. I have read the information provided on the content coverage and delivery of the programme.

Parent's Acknowledgement: Name & Signature

Parent Opt-out Form

– ***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)

_____ from the *Growing Years* programme for 2017.
(class of child)

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

- Religious reasons (Pls indicate: _____)
- 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: _____

3. Thank you.

Parent's Name & Signature

Contact No. (mobile)

Email address (optional)