

OVERVIEW OF PRIMARY SCHOOL'S SED PROGRAMME

1. 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.

The subjects that incorporate topics on sexuality include:

2. The curricular subjects in which topics on sexuality are incorporated include :

- a. Science
- b. Form Teacher Guidance Period (FTGP)
- c. Health Education
- d. Character and Citizenship Education (CCE)

3. 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.

4. The refreshed Primary 5 & 6 Growing Years (GY) package, "Curious Minds (2nd 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.

At Pasir Ris Primary School, the following lessons from the Growing Years Programme for

Primary 5 will be taught :

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1)
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 and emotional changes during puberty · describe healthy ways to manage the stresses caused by physical and emotional changes during puberty 	Term 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1)
		<ul style="list-style-type: none"> · describe the emotions caused by physical changes during puberty · recognise that one's identity does not change even when one's body is experiencing change due to puberty 	
	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 healthy ways to manage the stresses caused by these physical and emotional changes during puberty · describe the emotions caused by physical changes during puberty · recognise that one's identity does not change even when one's body is experiencing change due to puberty 	Term 3
	Main Task (30 min)	Description of the Main Task: Pupils 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.	Term 3
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
Where I Belong	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

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1)
	Stop It! Run! Tell! (30 min)	<ul style="list-style-type: none"> · protect themselves by resisting, removing themselves from harm and seeking help from a trusted adult · know their responsibilities in minimising the risk of sexual harm 	Term 4

Primary 6 will be taught :

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1)
Are We More Than Friends?	Who Are My Friends? (30 min)	<ul style="list-style-type: none"> · identify the qualities of a healthy friendship · recognise the importance of making wise choices in friendship 	Term 2
	Am I A Good Friend? (30 min)	<ul style="list-style-type: none"> · identify the qualities that they have as a friend · recognise the importance of developing in oneself the qualities of a good friend 	Term 2
	What is Love? (30 min)	<ul style="list-style-type: none"> · identify the characteristics of love and infatuation · distinguish between the characteristics of love versus infatuation · identify strong feelings arising from infatuation 	Term 3
	Am I Falling In Love? (30 min)	<ul style="list-style-type: none"> · manage strong feelings arising from infatuation · identify ways to manage and cope with teasing from peers 	Term 3
	Main Task (30 min)	<p>Description of the Main Task:</p> <p>Pupils are to play the role of a game designer who wants to create a board game to help pupils of their age learn more about the Big Idea of Relationships, specifically on family, friendships, love and infatuation. They will consider the issues that their peers would face and craft questions and answers that they believe their peers would benefit most from knowing.</p>	Term 4
Friends or Foes?	Are You Really My Friend? (30 min)	<ul style="list-style-type: none"> · identify the pros and cons of forming relationships through social networking websites · know ways to keep themselves safe when using social networking websites 	Term 4
	Is It All Safe? (30 min)	<ul style="list-style-type: none"> · know that some information (like pornography) received through the Internet may be harmful 	Term 4

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1)
		· know ways to keep themselves safe when using social networking websites or the Internet	
	Main Task (30 min)	Description of the Main Task: Pupils are to apply their understanding of Safety in a variety of scenarios where the main character could be in a precarious situation. They will consider the situation from the point of view of the main character, discuss what they think and feel about the situation and what they will do or say to ensure their safety. These scenarios will provide pupils with the opportunity to demonstrate their understanding of Safety and that safety is a right and a responsibility.	Term 4

Information for Parents

1. Parents may opt their children out of the Growing Years programme, and/or sexuality education programmes by external providers.
2. Parents who wish to opt their children out of the Growing Years programme need to complete an opt-out form.

[This form will be distributed to parents at the start of the year and is also downloadable.](#)

3. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by end September.
4. Parents may wish to attend the school sexuality education programmes with their children. Parents should contact the school to make the necessary arrangements.

Parents can contact the school at :

Office: 65822606	Fax: 65828492	Email: prps@moe.edu.sg
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for discussion or seek clarifications about the school's sexuality education programme.

[More information on MOE Sexuality Education.](#)