

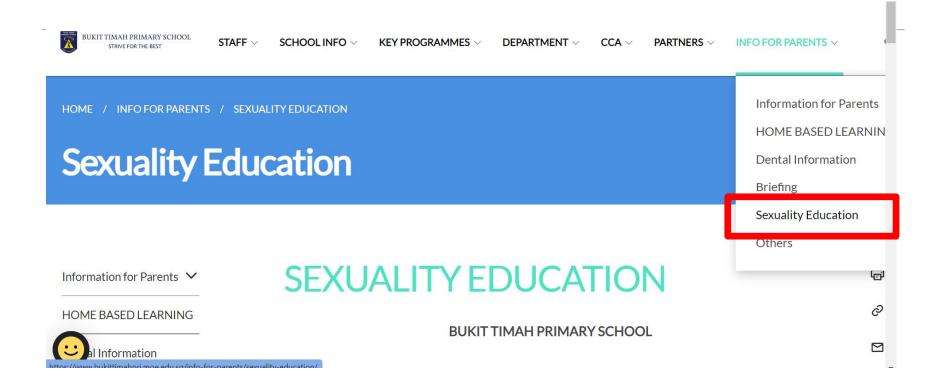
Sexuality Education (SEd) Programme

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/



Goals of SEd

- 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 Postsecondary 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

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



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 though 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





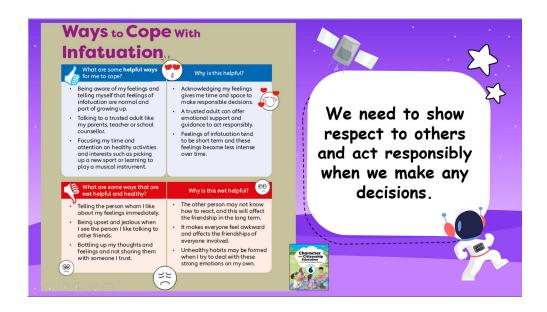
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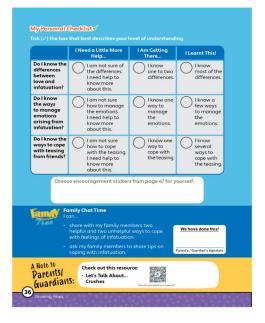
Growing Years (GY) Programme – Primary 6

Did You Know?

Are we more than friends? (1)

Are we more than friends? (2)





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.

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) Prorgamme 2023

1 FEB 2023, 10:41AM • YAP XUE LI



iii 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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