



## CEDAR PRIMARY SCHOOL

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*School Vision: Joyful Learners, Responsible Citizens and Creative Leaders in a Connected Community*

Ref No.: CPS/2022/01/046

7 February 2022

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 (<https://cedarpri.moe.edu.sg/departments/character-and-citizenship-education/moe-sexuality-education>) for more information on Cedar Primary School's Sexuality Education Programme for 2022.

5. Thank you.

Yours faithfully,

Mr Chua Choon Hock

Principal

**Growing Years Programme**  
**Topics covered in Primary 6**

UNIT	LESSONS	Lesson Objectives At the end of the lesson, pupils will be able to:
Are We More Than Friends?	Who Are My Friends?	<ul style="list-style-type: none"> <li>identify the qualities of a healthy friendship</li> <li>recognise the importance of making wise choices in friendship</li> </ul>
	Am I A Good Friend?	<ul style="list-style-type: none"> <li>identify the qualities that they have as a friend</li> <li>recognise the importance of developing in oneself the qualities of a good friend</li> </ul>
	What is Love?	<ul style="list-style-type: none"> <li>identify the characteristics of love and infatuation</li> <li>distinguish between the characteristics of love versus infatuation</li> <li>identify strong feelings arising from infatuation</li> </ul>
	Am I Falling In Love?	<ul style="list-style-type: none"> <li>manage strong feelings arising from infatuation</li> <li>identify ways to manage and cope with teasing from peers</li> </ul>
Friends or Foes?	Are You Really My Friend?	<ul style="list-style-type: none"> <li>identify the pros and cons of forming relationships through social networking websites</li> <li>know ways to keep themselves safe when using social networking websites</li> </ul>
	Is It All Safe?	<ul style="list-style-type: none"> <li>know that some information (like pornography) received through the Internet may be harmful</li> <li>know ways to keep themselves safe when using social networking websites or the Internet</li> </ul>

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[Acknowledgement of Letter (For all parents)]

Dear Mr Chua Choon Hock

**THE Growing Years Programme for Year 2022**

I acknowledge receipt of letter from the school dated on 07/02/22 regarding the school's sexuality education, *Growing Years* programme that will be taught in 2022. I have read and understood the information provided on the content coverage and delivery of the programme.

\_\_\_\_\_  
*Parent's Name & Signature*

\_\_\_\_\_  
*Date*

Parent of: \_\_\_\_\_ (     )  
*(Child's Name)*

\_\_\_\_\_  
*Class*

## **Annex A**

**[Parent Opt-out Form – This section is applicable only if parents wish to opt their child out of the Growing Years Programme.]**

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent of (Child's name): \_\_\_\_\_

Name of Principal      Mr Chua Choon Hock

Name of School      Cedar Primary School

Dear Principal

### **THE Growing Years Programme for Year 2022**

1. I would like to withdraw my child, \_\_\_\_\_, of \_\_\_\_\_  
(full name of child) (class of child)  
from the *Growing Years* programme for 2022.

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

- ☐ Religious reasons
- ☐ 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)

