



## MAYFLOWER PRIMARY SCHOOL

6, ANG MO KIO AVENUE 2

SINGAPORE 569948

TELEPHONE: 64520849 FAX: 64534116

<http://www.mayflowerpri.moe.edu.sg>

6 January 2022

Notification No.: 003 /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://mayflowerpri.moe.edu.sg/others/moe-sexuality-education-in-schools/sexuality-education>) for more information on Mayflower Primary School's Sexuality Education Programme for 2022. A brief outline of the lessons can also be found in *Annex A*.
5. Please ensure you **submit your consent on Parents Gateway by Thursday, 27 January 2022** once you have read and understood the information provided on the content coverage and delivery of the programme. If you are not on Parents Gateway, your child/ward may submit the 'Acknowledgement of Letter' slip to his/her Form Teachers by Thursday, 27 January 2022.
6. If for any reason, you **would like to withdraw your child/ward** from The Growing Years Programme, please complete the parent opt-out form by **Thursday, 27 January 2022**. The link for the opt-out form is <https://go.gov.sg/2022mfpsgy>. You may also complete the hard copy 'Parent Opt-out Form' and submit it to your child's/ward's Form Teachers by Thursday, 27 January 2022.
7. Thank you.

Yours faithfully,



Ms Cecilia Lim  
Principal

**At Mayflower Primary School, the following lessons from the Growing Years Programme will be taught:**

### PRIMARY 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:
Gosh! I Am Changing	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> <li>• know what puberty is</li> <li>• identify the physical changes during puberty</li> </ul>
	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> <li>• identify the stresses caused by physical and emotional changes during puberty</li> <li>• describe healthy ways to manage the stresses caused by physical and emotional changes during puberty</li> <li>• describe the emotions caused by physical changes during puberty</li> <li>• recognise that one's identity does not change even when one's body is experiencing change due to puberty</li> </ul>
	What Can I Do? (Part 2) (30 min)	<ul style="list-style-type: none"> <li>• identify the stresses caused by physical and emotional changes during puberty</li> <li>• describe healthy ways to manage the stresses caused by these physical and emotional changes during puberty</li> <li>• describe the emotions caused by physical changes during puberty</li> <li>• recognise that one's identity does not change even when one's body is experiencing change due to puberty</li> </ul>
	Main Task (30 min)	<p>Description of the Main Task:</p> <p>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.</p>
Where I Belong	What Are Families? (30 min)	<ul style="list-style-type: none"> <li>• know that there are different types of family structures</li> <li>• know that every family is unique</li> <li>• state that the three basic functions of families are to provide love, protection and guidance</li> <li>• identify the right sources of help to turn to when in need</li> </ul>
Where I Belong	What is My Role? (30 min)	<ul style="list-style-type: none"> <li>• know that gender is about being male or female</li> <li>• choose not to stereotype by gender</li> </ul>
How Do I Keep Myself Safe?	What is Safety? (30 min)	<ul style="list-style-type: none"> <li>• know what sexual abuse is</li> <li>• know that there are laws in Singapore that can protect them from sexual abuse</li> <li>• know their rights in keeping themselves safe from sexual abuse</li> </ul>

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

## PRIMARY 6

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:
Are We More Than Friends?	Who Are My Friends? (30 min)	<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? (30 min)	<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? (30 min)	<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? (30 min)	<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>
	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>
Friends or Foes?	Are You Really My Friend? (30 min)	<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? (30 min)	<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>

UNIT	LESSONS / DURATION	<b>LESSON OBJECTIVES</b> <b>At the end of the lesson, pupils will be able to:</b>
	<p style="text-align: center;">Main Task (30 min)</p>	<p>Description of the Main Task:</p> <p>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.</p>