



# ST ANDREW'S JUNIOR SCHOOL

2 Francis Thomas Drive Singapore 359337 • Tel: (65) 6288 4303 • Fax: (65) 6289 5242

• Website: <http://www.saintandrewsjunior.moe.edu.sg>

## Our Vision

St Andrew's Village - Home of Servant Leaders who bring Life to the Nations

---

## MOE SEXUALITY EDUCATION IN SCHOOLS

Dear P5 and P6 Parents

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.

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.

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.

## OVERVIEW OF ST ANDREW'S JUNIOR SCHOOL'S SEXUALITY EDUCATION PROGRAMME 2024

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:

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

**Growing Years (GY) Programme:** "Curious Minds (2<sup>nd</sup> Edition)" (Primary 5 & 6)  
Teaching & Learning resource package

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.

The Primary 5 & 6 Growing Years (GY) package, "Curious Minds (2<sup>nd</sup> 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 SAJS, the following lessons from the Growing Years Programme will be taught in 2024:

### PRIMARY 5 AND 6

Target Level	Topic Lessons
P5	<ul style="list-style-type: none"><li>• The Changes in Me</li><li>• Keeping Myself Safe</li><li>• Did you know?</li></ul>
P6	<ul style="list-style-type: none"><li>• Are We More than Friends?</li></ul>

## INFORMATION FOR PARENTS

Parents can opt their children out of the Growing Years programme.

Parents who wish to opt their children out of the **Growing Years (GY) 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 on the school website. A hardcopy of the form, duly completed and signed, is to be submitted **to the form teacher**.

Parents can contact the school at [sajs@moe.edu.sg](mailto:sajs@moe.edu.sg) or **6288 4303** for discussion or to seek clarification about the school's sexuality education programme.

The GY programme **will be conducted by specially selected teachers who have undergone SEd training**. Parents, who wish to attend the school sexuality education programmes, should contact the school to make the necessary arrangements.

Please visit the school's Sexuality Education webpage [here](#) for more information on St Andrew's Junior School Sexuality Education Programme for 2024.

Thank you.

Yours faithfully,

---

Mrs Elsie Poey

**[Parents' Acknowledgement – This is to be signed by parents of all students.]**

Class: \_\_\_\_\_ Register No.: \_\_\_\_\_

Dear Mrs Elsie Poey

**THE *GROWING YEARS* PROGRAMME FOR YEAR 2023**

I acknowledge receipt of letter from the school dated on 09/01/2023 regarding the school's sexuality education, *Growing Years* programme that will be taught in 2023. 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*

Our Values

Thanksgiving • Resilience • Unity • Empathy • Wonder • Integrity • Self-Discipline • Excellence

### **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: \_\_\_\_\_

Child's name: \_\_\_\_\_ (    )

Mrs Elsie Poey

St Andrew's Junior School

Dear Principal

### **THE GROWING YEARS PROGRAMME FOR YEAR 2023**

I would like to withdraw my child, \_\_\_\_\_,  
(full name of child)

of \_\_\_\_\_ from the *Growing Years* programme for 2023.  
(class of child)

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:

\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
*Contact No. (mobile)*

\_\_\_\_\_  
*Email address (optional)*

Our Values

Thanksgiving • Resilience • Unity • Empathy • Wonder • Integrity • Self-Discipline • Excellence