



Yio Chu Kang Primary School
Empowering Mind • Engaging Heart • Extending Hands

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: _____

Mr Ng Aik Boon

Yio Chu Kang Primary School

Dear Principal

THE GROWING YEARS PROGRAMME FOR YEAR 2018

1. I would like to withdraw my child, _____, of
(full name of child)

_____ from the *Growing Years* programme for 2018.
(class of child)

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 Signature

Contact No. (mobile)

Email address (optional)

THE GROWING YEARS PROGRAMME

PRIMARY 5 & 6

THE GROWING YEARS ENABLES THE CHILD TO:

- Understand the physiological, social and emotional changes they experience as they mature
- Develop healthy relationships
- Make wise, informed and responsible decisions on sexuality matters

HOW IS SEXUALITY EDUCATION TAUGHT?

- Through age-appropriate lessons by trained teachers
- Based on values which mainstream society believes in
- Focus on values of love, respect and responsibility, and social and emotional skills

YOUR CHILD WILL LEARN

IDENTITY

Who Am I?

RELATIONSHIPS

What builds healthy relationships?

SAFETY

How do I keep myself safe?

IDENTITY

- Physical and emotional changes resulting from puberty
- Management and coping of possible stresses caused by physical and emotional changes during puberty
- Importance of respect for self and others

RELATIONSHIPS

- Importance of family and friends
- Building of healthy friendships based on respect and responsibility
- Difference between love and infatuation, and coping with teasing

SAFETY

- Safety is a right and a responsibility
- Exercise of safety in potentially harmful situations and seek help when needed
- Ways to keep safe when using social networking sites and the internet

IS MY CHILD TOO YOUNG TO LEARN THESE LESSONS?

The lessons cover developmental milestones (eg. managing puberty, making friends) and will help your child handle these experiences with confidence.

AS THE PRIMARY CARE-GIVER OF MY CHILD, HOW CAN I SUPPORT HIS/HER DEVELOPMENT?

Set aside time for open and quality parent-child communication
Provide the family's perspective on values and beliefs and guide child on problem-solving
Affirm child's strengths and unique talents/qualities
Coach and role-model responsible behaviour and relationship building skills
Enhance support for child by being warm and supportive

OPTION: You have a key role in your child's total development. As such, you may exercise your choice to opt your child out of the Growing Years Programme. You may approach your child's school for the opt-out form. Alternatively, you may download it from the school's website. For more information, please visit <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education>

