



世界红卍字会新加坡总主会主办
THE WORLD RED SWASTIKA SOCIETY
(SINGAPORE ADMINISTRATION CENTRE)

卍慈学校 **RED SWASTIKA SCHOOL**

350 BEDOK NORTH AVE 3 SINGAPORE 469719
TEL: 64430380 FAX: 62448391 EMAIL: redswastika@moe.edu.sg

29 January 2018

Dear Parents / Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS - THE GROWING YEARS PROGRAMME

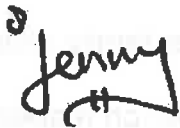
1. Sexuality Education (SEd) in schools is about enabling students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships including those with members of the opposite sex, and make wise, informed and responsible decisions 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 (<http://redswastika.moe.edu.sg/co-curriculum/sexuality-education>) for more information on Red Swastika School's Sexuality Education Programme for 2018.

5. Thank you.

Yours faithfully,



Mrs Jenny Leong
Principal

At Red Swastika School, the following lessons from the Growing Years Programme will be taught in 2018:

Primary 5

UNIT	LESSONS / DURATION	Lesson Objectives At the end of the lesson, pupils will be able to:	TIME PERIOD
Gosh! I Am Changing	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> ▪ know what puberty is ▪ identify the physical changes during puberty 	Term 1 Week 7
	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> ▪ identify the stresses caused by physical changes during puberty ▪ describe ways to manage the stresses caused by physical changes during puberty 	Term 1 Week 7
	What Can I Do? (Part 2) (30 min)	<ul style="list-style-type: none"> ▪ identify the stresses caused by physical and emotional changes during puberty ▪ describe ways to manage the stresses caused by these changes during puberty 	Term 2 Week 9
	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>	Term 2 Week 9
Where I Belong	What Are Families? (30 min)	<ul style="list-style-type: none"> ▪ know that there are different types of family structures ▪ know that every family is unique ▪ state that the three basic functions of families are to provide love, protection and guidance ▪ identify the right sources of help to turn to when in need 	Term 3 Week 3
	What is My Role? (30 min)	<ul style="list-style-type: none"> ▪ know that gender is about being male or female ▪ choose not to stereotype by gender 	Term 3 Week 3
How Do I Keep Myself Safe?	What is Safety? (30 min)	<ul style="list-style-type: none"> ▪ know what sexual abuse is ▪ know that there are laws in Singapore that can protect them from sexual abuse ▪ know their rights in keeping themselves safe from sexual abuse 	Term 4 Week 5
	Stop It! Run! Tell! (30 min)	<ul style="list-style-type: none"> ▪ protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult ▪ know their responsibilities in minimising the risk of sexual harm 	Term 4 Week 5

▪ The dates of the Sexuality Education lessons may be subjected to changes.



世界红卍字会新加坡总主会主办
THE WORLD RED SWASTIKA SOCIETY
(SINGAPORE ADMINISTRATION CENTRE)

卍慈学校 **RED SWASTIKA SCHOOL**

350 BEDOK NORTH AVE 3 SINGAPORE 469719
TEL: 64430380 FAX: 62448391 EMAIL: redswastika@moe.edu.sg

Date : _____

Parent of (Child's name) : _____

Class : Primary _____

**THE GROWING YEARS PROGRAMME FOR YEAR 2018
ACKNOWLEDGEMENT LETTER (FOR ALL PARENTS)**
Please submit to the Form Teacher by **2 February 2018**.

Dear Mrs Jenny Leong

I acknowledge receipt of letter from the school dated 29 January 2018 regarding the school's sexuality education, *Growing Years* programme that will be taught in 2018.

I have read and understood the information provided on the content coverage and delivery of the programme.

❖ My option for my child / ward to attend the *Growing Years* programme is as indicated below:

Yes

No *

Thank you.

(Parent's Name & Signature)

(Date)

*With this option, please note that your child's / ward's Form teacher will follow-up with you.

What can I do to support my child's development?

You can support your child by:

- providing the family perspective on values and beliefs
- being open in discussing sexuality issues with your child
- responding positively and supportively to learning opportunities at home
- emphasising the importance of responsible behaviour
- being available to advise and guide your child
- providing feedback to the school

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.

Home-School-Community partnership is important for all aspects of education.

Parents can support their children in Sexuality Education and work hand in hand with schools to reinforce the values taught, to help them make good decisions.



Ministry of Education
SINGAPORE

THE GROWING YEARS PROGRAMME PRIMARY 5 & 6 CURIOUS MINDS

Sexuality Education in Schools Specially for Parents



What is Sexuality Education?

Through Sexuality Education, students will learn 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 informed and responsible decisions on sexuality matters.

What is the approach taken?

Sexuality Education is taught in the context of values which Singapore's mainstream society believes in and is premised on the family as the basic unit of society. This means encouraging heterosexual married couples to have healthy relationships with each other, and to build stable nuclear units with extended family support.

Sexuality Education teaches abstinence before marriage as the best course of action for teens. It also teaches the possible consequences of sexual activity and that pre-marital sex is not encouraged as there are undesirable risks.

What is the Growing Years programme?

The Growing Years programme addresses the subject of human sexuality from a holistic perspective, involving the physical, emotional, social and ethical aspects of sexuality.

The programme has packages developed for Primary 5 & 6, Lower Secondary, Upper Secondary and Junior College/Centralised Institute levels to cater to the needs of students as they grow up.

How can my child benefit from the Growing Years programme (Primary 5 & 6)?

The Growing Years programme (Primary 5 & 6) will enable your child to:

- Understand the changes experienced during puberty, and develop respect for themselves and others
- Build healthy relationships with peers, anchored on the love and support of their families
- Exercise safety in potentially harmful situations and seek help when needed

What is covered in the Growing Years programme (Primary 5 & 6)?

- **Puberty**
The onset of puberty and ways to manage the physical and emotional changes
- **Relationships**
The importance of families and friends and the values and skills for healthy relationships
- **Love and Infatuation**
The difference between love and infatuation and ways to manage feelings associated with infatuation
- **Sexual Abuse**
Definition of sexual abuse and ways to protect oneself from harm, including seeking help
- **Media Influence**
Discerning the reliability of media messages and learning ways to protect one's safety when forming relationships through social networking sites

为了帮助孩子健康成长，我能做些什么？

您可以通过以下途径为孩子提供帮助：

- 向孩子传达正确的价值观和行为规范
- 坦诚地与孩子谈论性课题
- 当孩子在家中问起关于性的问题时，给予孩子明确的回答，并向孩子提供需要的帮助
- 向孩子强调负责任的性行为的重要性
- 对孩子进行劝告和引导
- 将孩子的情况及时反馈给学校

选择权

家长在孩子的全面发展中扮演重要角色。因此，您有权选择让孩子不参加“成长岁月”课程。您可以前往孩子所在的学校领取一份退出申请表，也可以从学校网站上直接下载该表。

家庭-学校-社会之间的良好合作对于教育的方方面面都至关重要。

家长可以在性教育方面为孩子提供帮助，并与学校携手，使孩子强化在学校所学到的价值观，从而帮助孩子做出正确的决定。



Ministry of Education
SINGAPORE

“性教育之成长岁月” 课程 (THE GROWING YEARS PROGRAMME) (小五及小六学生) 学校的性教育

家长须知



什么是性教育？

通过性教育学习，学生将学习并了解成长中所经历的生理、社会角色和情绪的变化；掌握如何与他人建立健康有益的关系（其中包括与异性之间的关系）；并在对待性问题时如何做出明智且负责的决定。

采用什么方式进行性教育？

性教育以新加坡的社会主流价值观为背景，并以家庭是社会最基本的单位为前提。即意味着提倡异性已婚夫妇之间保持健康的性关系，并在大家庭的支持下建立稳定的核心家庭。

性教育教导学生，拒绝婚前性行为对于未成年人来说是最好的选择。告诉学生性行为可能导致的后果，并告诉学生由于婚前性行为可能会导致学生不期望看到的风险，因此不鼓励婚前性行为。

“成长岁月”课程是什么？

“成长岁月”课程从性行为的生理、情绪、社会和道德等方面对人类性行为课题进行了全面阐述。

为了适应不同成长阶段的学生们的需求，本课程分别为小五和小六、中学低年级、中学高年级和初级学院/高级中学的学生提供不同的配套教材。

“成长岁月”课程（小五和小六学生）能传授哪些有益知识？

学完（小五和小六学生的）“成长岁月”课程之后，您的孩子将能够：

- 了解青春期所经历的变化，并学会尊重自己和他人
- 在家人的爱护和帮助下，与同龄人建立健康的关系
- 遇到潜在危险时采取安全措施，并在需要时懂得如何寻求帮助

（小五和小六学生的）“成长岁月”课程涵盖哪些内容？

- **青春期**
进入青春期时出现的特征，以及如何应对身体和情绪的变化
- **关系**
家人和朋友的重要性，以及建立健康关系的价值与技巧
- **爱情与迷恋**
阐述爱情与迷恋的区别，以及如何控制与迷恋相关的情绪
- **性侵犯**
性侵犯的定义，以及如何保护自己不受伤害，包括如何寻求帮助
- **媒介影响**
辨别通过媒介传播的信息的真伪，当通过社交网站与他人建立关系时，懂得如何保护自身安全