

Information on Sexuality Education Programme in Schools

ROSYTH SCHOOL

MOE'S SEXUALITY EDUCATION IN SCHOOLS

- 1 Sexuality education is an important programme in our schools. It aims to help our young understand the physiological, social and emotional changes they experience as they mature, develop healthy relationships with the opposite sex and to teach them how to make responsible choices. It is premised on the importance of the heterosexual married family as the basic unit of society, and respect for the values and beliefs of the different ethnic and religious communities on sexuality issues.

- 2 The goals of SEd are to:
 - (i) provide accurate and adequate knowledge on human sexuality and the consequences of sexual activity so that pupils are able to make informed decisions;
 - (ii) impart intra- and inter-personal skills of problem-solving, decision-making and effective communication so that pupils are able to build responsible and rewarding relationships; and
 - (iii) inculcate positive values and attitudes of sexuality so that pupils develop a respect for themselves and others as sexual beings, in line with the national value of the family as the basic unit of society.

- 3 The key messages of SEd are:
 - (i) Build healthy futures for yourself, family and society.
 - (ii) Healthy relationships based on love and respect are the foundation for strong families.
 - (iii) Casual sex can lead to unwanted pregnancies, STIs/HIV and AIDS which can harm and hurt your loved ones.

You may [click here](#) for more information on MOE's Sexuality Education.

OVERVIEW OF ROSYTH SCHOOL'S SED PROGRAMME

4. Sexuality education in schools is implemented using a cross-curricular and co-curricular approach. It is covered in both the curricular subjects and co-curricular programmes. These are covered under four main themes: Human Development, Interpersonal Relationships, Sexual Health and Behaviour, and, Societal Influences.

Curricular Subjects

The curricular subjects in which topics on sexuality are incorporated include

- a. Science [click here](#)
- b. Health Education [click here](#)
- c. Civics and Moral Education [click here](#)

Co-Curricular Programmes

Growing Years (GY) Programme: “Curious Minds” (Upper Primary) 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. Easy access to information via the internet also means that unless properly guided, our young may find it a challenge to make appropriate choices on matters of sexuality.

“Curious Minds” is a response to these challenges. It is designed to underscore the importance of character development and health. It consists of a multi-media package with interactive games, role-plays to engage pupils in learning facts about sexuality.

6. At Rosyth School, the following lessons from the GY series will be covered :

Primary 4		
Topics/Lessons	Learning Outcomes Pupils will be able to:	Time Frame
What Is Happening To Me? (Lesson 1 Pg 40 of GY series)	<ul style="list-style-type: none">Recognize the physical development accompanying puberty in boys and girls.	Term 4 (1 hour)
Why Am I Stressed? (Lesson 2 Pg 62 of GY series)	<ul style="list-style-type: none">Handle the stresses brought about by physical changes associated with puberty.	
Primary 5		
Why Don't I Like Myself? (Lesson 3 Pg 74 of GY series)	<ul style="list-style-type: none">Recognise that there are emotional changes at puberty.Cope with the stresses brought about by these emotional changes.	Term 4 (1 hour)

Who Should I Be? (Lesson 4 Pg 80 of GY series)	<ul style="list-style-type: none"> Recognise the importance of not stereotyping roles according to gender. 	
What Is My Role? (Lesson 5 Pg 86 of GY series)	<ul style="list-style-type: none"> Appreciate their own unique roles as a member of their family 	Term 4 (1 hour)
Who Can Help Me? (Lesson 6 Pg 97 of GY series)	<ul style="list-style-type: none"> Understand that each family performs the same basic functions of providing love, protection, guidance and support. 	
Who Touched Me? (Lesson 12 Pg 130 of GY series)	<ul style="list-style-type: none"> Recognise acceptable & unacceptable ways of touching others. 	Term 4 (1 hour)
Why Are You Showing Me That? (Lesson 13 Pg 136 of GY series)	<ul style="list-style-type: none"> Demonstrate awareness of different types of exhibitionism. Demonstrate knowledge of how to defend themselves in these types of situations. 	
Where Do I Go From Here? (Lesson 14 Pg 141 of GY series)	<ul style="list-style-type: none"> Recognise what sexual abuse is. Distinguish between different types of sexual abuse. 	Term 4 (1 hour)

Primary 6

What Is Love? (Lesson 7 Pg 101 of GY series)	<ul style="list-style-type: none"> Understand that infatuation is a normal part of growing up. Understand that infatuation is temporary. Appreciate different kinds of love and crushes. 	Term 4 (1 hour)
Where Do I Begin? (Lesson 8 Pg 108 of GY series)	<ul style="list-style-type: none"> Demonstrate the understanding that respect is the underlying value for healthy relationships 	
Who are you? (Lesson 9 Pg 114 of GY series)	<ul style="list-style-type: none"> Understand the need to maintain relationships with people outside the family Differentiate between good and bad strangers or 	Term 4 (1 hour)

Why Do I Like You? (Lesson 10 Pg 123 of GY series)	<ul style="list-style-type: none"> • Demonstrate understanding that respect is the underlying value for healthy relationships. • Demonstrate understanding that idolizing people of the same or opposite sex is normal and is part of growing up. 	
Who am I talking to? (Lesson 11 Pg 127 of GY series)	<ul style="list-style-type: none"> • Express their views about information from the internet and be aware of the potential dangers of it. • Recognize that one does not need to rely on the internet, particularly chat systems to make friends 	Term 4 (1 hour)
Why have things changed? (Lesson 15 Pg 148 of GY series)	<ul style="list-style-type: none"> • Understand the need to maintain relationships with people outside the family. • Differentiate between good and bad strangers or familiar adults. 	

INFORMATION FOR PARENTS

- a. Parents can opt their children out of the entire sexuality education programme or for individual topics, talks or workshops.
- b. Parents who wish to opt their children out of the Growing Years Series need to complete an opt-out form. This form will be distributed to parents at the start of the programme and is also downloadable from our school's website ([hyperlink to opt out form \(English\)](#), [hyperlink to opt out form\(Chinese\)](#), [hyperlink to opt out form \(Malay\)](#), [hyperlink to opt out form \(Tamil\)](#)).
- c. Parents can contact the school for discussion or seek clarifications about the school's sexuality education programme. Please contact our sexuality education coordinator Mdm Sreedharan Shylaja at her email sreedharan_shylaja@moe.edu.sg or call 64819298.

Talks and Workshops Conducted by External Providers

Name of External Provider: *No External Vendors will be employed to conduct the GY Programme at Rosyth School.*