

## Information on Sexuality Education Programme

### 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  
OPERA ESTATE PRIMARY SCHOOL  
SEXUALITY EDUCATION PROGRAMME**

4. Formal Curriculum

**At Opera Estate Primary School, the following lessons from the GY series will be covered:**

<b>Target Levels</b>	<b>Topics/Lessons</b>	<b>What pupils will learn:</b>
P5 & P6	<u>Cyberwellness</u> a) Cyberbullying	Aware of steps to take to prevent and deal with cyberbullying.
	b) Handling Inappropriate Content	Make responsible decisions when facing the inappropriate content
	c) Dangers With Cyber Contacts	Recognise personal information that cannot be shared including study tips when chatting online and not meeting up with internet strangers
	Growing Years Series – MOE's Sexuality Education Package	
P4	<ol style="list-style-type: none"> <li>1. What is happening to me?</li> <li>2. Why am I stressed?</li> <li>3. Why don't I like myself?</li> <li>4. Who should I be?</li> </ol>	<ul style="list-style-type: none"> <li>• Identify and recognise physical changes.</li> <li>• Identify and recognise emotions. Learn coping strategies to handle stress.</li> <li>• Identify and recognise emotional changes during puberty. Learn coping strategies to overcome feelings.</li> </ul> <p>Identify and recognise one's roles, behaviour, strengths, likes and dislikes.</p> <ul style="list-style-type: none"> <li>• Identify and recognise social stereotyping.</li> </ul>
P5	<ol style="list-style-type: none"> <li>1. Who can help me?</li> </ol>	<ul style="list-style-type: none"> <li>• Identify and recognize appropriate people to approach for information, help and protection.</li> <li>• Obtain help from various sources.</li> </ul>

Target Levels	Topics/Lessons	What pupils will learn:
	<p>2. What is love?</p> <p>3. Where do I begin?</p> <p>4. Who are you?</p>	<ul style="list-style-type: none"> <li>• Identify and recognise different kinds of attractions, ie. Love and crushes in a relationship. Appreciate different interpersonal attractions.</li> <li>Identify and recognise alternative behaviours that have a more positive outcome.</li> <li>• Learn to communicate and build positive relationships.</li> <li>Identify and recognise unsafe social situations.</li> <li>Learn to aware of the importance of being alert and kinds of protection strategies to use.</li> <li>• Learn to seek help.</li> </ul>
P6	<p>1. Why do I like you?</p> <p>2. Who touched me?</p> <p>3. Who are you showing me that?</p> <p>4. Where do I go from here?</p> <p>5. Why have things changed?</p>	<ul style="list-style-type: none"> <li>• Show sensitivities of how others feel.</li> <li>Identify and recognise appropriate interpersonal skills.</li> <li>Identify and recognise acceptable and unacceptable ways of touching others.</li> <li>• Learn to obtain help from various sources.</li> <li>• Identify and recognise the different types of exhibitionism.</li> <li>• Learn to seek help.</li> <li>Identify and recognise sexual abuse.</li> <li>• Learn to seek help.</li> <li>Identify the need to work cooperatively.</li> <li>• Recognise the importance of maintaining and building relationships.</li> <li>• Learn to assess situations to differentiate between good and bad strangers.</li> </ul>

## **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 is downloadable from the school's website.

[1\) Opt-out form English version](#)

[2\) Opt-out form Malay version](#)

[3\) Opt-out form Chinese version](#)

[4\) Opt-out from Tamil version](#)

- c. A hardcopy of the form, duly completed and signed, is to be submitted to the school office.
- d. Parents can contact the school for discussion or seek clarifications about the school's sexuality education programme.