



Anglo-Chinese School (Primary)

A Methodist Institution
(Founded 1886)

16 January 2019

MOE SEXUALITY EDUCATION IN SCHOOLS (P5)

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. It is premised on the importance of the heterosexual married couple forming a nuclear 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 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 heterosexual married couple forming a nuclear 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 unwanted pregnancies. Casual sex can harm and hurt you and your loved ones.

You may visit the following website for more information on MOE Sexuality Education.

<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/>



Anglo-Chinese School (Primary)

A Methodist Institution
(Founded 1886)

OVERVIEW OF ACS(P) SEXUALITY EDUCATION PROGRAMME FOR 2019

4. 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.

***Curious Minds* (2nd Edition) (Primary 5 & 6) Teaching & Learning resource package**

5. 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.
6. The refreshed Primary 5 & 6 Growing Years (GY) package, *Curious Minds* (2nd 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 ACS (P), the following lessons from the Growing Years Programme will be taught in 2019:

Topics to be covered for P5

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?	<ul style="list-style-type: none"> know what puberty is identify the physical changes during puberty 	Term 1
	What Can I Do? (Part 1)	<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
	What Can I Do? (Part 2)	<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
	Main Task	<ul style="list-style-type: none"> Description of the Main Task: Pupils are to play the role of an Uncle Agony to help a peer address his experiences during puberty. They will consider the situation from the point of view of the peer and share ways to help him cope with the changes he is going through. 	Term 2
Where I Belong	What Are Families?	<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
	What is My Role?	<ul style="list-style-type: none"> know that gender is about being male or female choose not to stereotype by gender 	Term 3



Anglo-Chinese School (Primary)

A Methodist Institution
(Founded 1886)

UNIT	LESSONS/ DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD
How Do I Keep Myself Safe?	What is Safety?	<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
	Stop It! Run! Tell!	<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



Anglo-Chinese School (Primary)

A Methodist Institution
(Founded 1886)

INFORMATION FOR PARENTS

7. Parents may withdraw their children from the Growing Years programme.
8. Parents who wish for their children to opt out of the Growing Years programme need to complete an opt-out form. The form is attached to this letter and is also downloadable from the school website.

A hardcopy of the form, duly completed and signed, is to be submitted to your child's/ward/s form teacher by **Wednesday , 23 January 2019**.

9. Parents may wish to attend the school sexuality education programmes with their children. Parents should contact the school to make the necessary arrangements.
10. Please visit the school's Sexuality Education webpage (<http://acspri.moe.edu.sg/affective/sexuality-education-p5-p6>) for more information on ACS (Primary) Sexuality Education Programme for 2019.
11. Parents can contact Mr Vijay at 62501633 or email vijayakumaran_govindasamy@moe.edu.sg for discussion or to seek clarification about the school's Sexuality Education programme.

Thank you.

Regards,

Endorsed by,

Mr Vijayakumaran
Sexuality Education Coordinator

Dr Irene Ng
Principal



Anglo-Chinese School
(Primary)

A Methodist Institution
(Founded 1886)

Acknowledgement of Letter (For all parents)

Dear Dr Irene Ng

THE GROWING YEARS PROGRAMME FOR YEAR 2019

I acknowledge receipt of letter from the school dated on 16 January 2019 regarding the school's sexuality education, *Growing Years* programme that will be taught in 2019. 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



Anglo-Chinese School (Primary)

A Methodist Institution
(Founded 1886)

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: _____

Dr Irene Ng/ Anglo-Chinese School (Primary)

Dear Madam,

OPTING OUT OF GROWING YEARS (GY) PROGRAMME FOR YEAR 2019

1. I have read and understood the content coverage and delivery of the Growing Years Programme in the school for 2019.
2. I would like to withdraw my child, _____, of P5 _____
(full name of child)
from the Growing Years Programme for 2019.

3. My reason(s) for opting out:

- My child is too young.
- I would like to personally educate my child on sexuality matters.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Religious reasons
- I have previously taught my child the topics in the GY Programme for this year.
- I do not think it is important for my child to attend Sexuality Education lessons.
- Others: _____

4. Thank you.

Parent's name & signature

Contact Number: _____

Email (Optional): _____