



# Anglo-Chinese School (Primary)

A Methodist Institution  
(Founded 1886)

20 January 2020

**Dear Parents/Guardians of Primary 5 pupils**

## **MOE Sexuality Education in Schools (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. 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/>

### **OVERVIEW OF ACS(P) SEXUALITY EDUCATION PROGRAMME FOR 2020**

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 (2<sup>nd</sup> 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* (2<sup>nd</sup> 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 2020:**

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"> <li>• know what puberty is</li> <li>• identify the physical changes during puberty</li> </ul>	Term 1
	What Can I Do? (Part 1)	<ul style="list-style-type: none"> <li>• identify the stresses caused by physical changes during puberty</li> <li>• describe ways to manage the stresses caused by physical changes during puberty</li> </ul>	Term 1
	What Can I Do? (Part 2)	<ul style="list-style-type: none"> <li>• identify the stresses caused by physical and emotional changes during puberty</li> <li>• describe ways to manage the stresses caused by these changes during puberty</li> </ul>	Term 2
	Main Task	<ul style="list-style-type: none"> <li>• Description of the Main Task:</li> <li>• 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.</li> </ul>	Term 2

UNIT	LESSONS/ DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD
Where I Belong	What Are Families?	<ul style="list-style-type: none"> <li>know that there are different types of family structures</li> <li>know that every family is unique</li> <li>state that the three basic functions of families are to provide love, protection and guidance</li> <li>identify the right sources of help to turn to when in need</li> </ul>	Term 3
	What is My Role?	<ul style="list-style-type: none"> <li>know that gender is about being male or female</li> <li>choose not to stereotype by gender</li> </ul>	Term 3
How Do I Keep Myself Safe?	What is Safety?	<ul style="list-style-type: none"> <li>know what sexual abuse is</li> <li>know that there are laws in Singapore that can protect them from sexual abuse</li> <li>know their rights in keeping themselves safe from sexual abuse</li> </ul>	Term 4
	Stop It! Run! Tell!	<ul style="list-style-type: none"> <li>protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult</li> <li>know their responsibilities in minimising the risk of sexual harm</li> </ul>	Term 4

#### INFORMATION FOR PARENTS

- Parents may withdraw their children from the Growing Years programme.
- Parents may wish to attend the school sexuality education programmes with their children. Parents should contact the school to make the necessary arrangements.
- 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 2020.
- Parents can contact Mr Vijay at 62501633 or email [vijayakumaran\\_govindasamy@moe.edu.sg](mailto:vijayakumaran_govindasamy@moe.edu.sg) for discussion or to seek clarification about the school's Sexuality Education programme.

Thank you.

Regards,  
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