

ZHANGDE PRIMARY SCHOOL

MOE 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 respects 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 also check <http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/> for more information on MOE Sexuality Education.

OVERVIEW OF ZHANGDE PRIMARY SCHOOL'S SED PROGRAMME FOR 2011

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

5. The curricular subjects in which topics on sexuality are incorporated include:
- a. Science - <http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/science-curriculum.pdf>
 - b. Health Education - <http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/health-curriculum.pdf>
 - c. Civics and Moral Education
-<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/cme-curriculum.pdf>

Co-Curricular Programmes

Growing Years (GY) Series - <http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/files/growing-years.pdf> : “Curious Minds” (Upper Primary) package

6. 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.

7. “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.

At ZHANGDE PRIMARY SCHOOL, the following lessons from the GY series will be covered in 2011:

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
Pri 5	VCD: Curious Minds SE Package: Lesson 1: What is happening to me?	<ul style="list-style-type: none"> recognize the physical development accompanying puberty in boys and girls learn how to take care of themselves 	Term 1
	SE Package: Lesson 4: Who should I Be?	<ul style="list-style-type: none"> recognize the importance of not stereotyping roles according to gender 	Term 2
	SE Package: Lesson 5: What is my role?	<ul style="list-style-type: none"> appreciate their own unique roles as a member of their family 	Term 3
	VCD: Curious Minds SE Package: Lesson 6: Who can help me?	<ul style="list-style-type: none"> understand that each family performs the same functions of providing love, protection, guidance and support 	Term 4
Pri 6	VCD: Curious Minds SE Package: Lesson 2: Why am I stressed?	<ul style="list-style-type: none"> know that many changes are taking place in their body and that it is all right to be curious and want to learn about these changes recognize that there are emotional changes at puberty cope with the stresses brought about by these emotional changes 	Term 1
	VCD: Curious Minds SE Package: Lesson 3: Why Don't I Like Myself?	<ul style="list-style-type: none"> handle the stress brought about by physical changes associated with puberty 	Term 2
	VCD: Curious Minds SE Package: Lesson 7: What is love?	<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 3
	VCD: Curious Minds SE Package: Lesson 8: Where Do I Begin?	<ul style="list-style-type: none"> demonstrate understanding that respect is the underlying value for healthy relationship demonstrate understanding that idolizing people of the same or opposite sex is normal and is part of growing 	Term 4
	VCD: Curious Minds SE Pkg: Lesson 10	<ul style="list-style-type: none"> demonstrate understanding that respect is the underlying value for healthy relationship demonstrate understanding that idolizing 	Term 4

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
	Why Do I Like You?	people of the same or opposite sex is normal and is part of growing	
	VCD: Curious Minds SE Pkg: Lesson 11 Who am I talking to?	<ul style="list-style-type: none"> express their views about information from the internet and be aware of the potential / possible dangers of it recognize that one does not need to rely on the internet to make friends 	Term 4

INFORMATION FOR PARENTS

8. Parents can opt their children out of the school's entire sexuality education programme or for individual topics, talks or workshops.

9. Parents who wish to opt their children out of the whole or part of the Growing Years (GY) Series need to complete an opt-out form. This form will be distributed to parents at the start of the year and is also downloadable [here](#). A hardcopy of the form, duly completed and signed, is to be submitted to the school office.

10. Parents can attend the sexuality education programmes by external providers with their children if they wish to. Parents should contact the school to make the necessary arrangements.

11. Parents can contact the school at 6274 0357 or email us at zhangde_ps@moe.edu.sg for discussion or seek clarifications about the school's sexuality education programme.