



## CEDAR PRIMARY SCHOOL

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*School Vision: Joyful Learners, Responsible Citizens and Creative Leaders in a Connected Community*

Ref No.: CPS/2023/01/039

20 January 2023

Dear Parents/ Guardians

### **MOE SEXUALITY EDUCATION IN SCHOOLS - THE GROWING YEARS PROGRAMME**

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. SEd is premised on the importance of the family as the basic unit of society. This means encouraging healthy, heterosexual marriages and stable nuclear family units with extended family support. The teaching and learning of SEd is based on respect for the values and beliefs of the different ethnic and religious communities in Singapore 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 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 unintended pregnancies. Casual sex can harm and hurt you and your loved ones.

4. Please visit the school's Sexuality Education webpage (<https://www.cedarpri.moe.edu.sg/for-parents/sexuality-education-programme/>) for more information on Cedar Primary School's Sexuality Education Programme for 2023. <https://www.cedarpri.moe.edu.sg/for-parents/sexuality-education-programme/>

5. Thank you.

Yours faithfully,

Mr Chua Choon Hock

Principal

**Growing Years Programme  
Topics covered in Primary 5**

LESSONS	Lesson Objectives At the end of the lesson, pupils will be able to:
The Changes in Me (Lesson 1) Term 1 Week 6	<ul style="list-style-type: none"> <li>- identify the emotions and stresses caused by physical changes during puberty.</li> <li>- describe healthy ways to manage the stresses caused by physical and emotional changes during puberty.</li> <li>- recognise that one's identity does not change even when one's body is experiencing changes due to puberty.</li> </ul>
Did You Know? (Lesson 2) Term 2 Week 1	<ul style="list-style-type: none"> <li>- know what pornography is and how it can affect them and others</li> <li>- understand the dangers of pornography and reject the viewing and / or reading of pornographic materials.</li> <li>- recognise possible situations where they may encounter pornography</li> <li>- evaluate their responses when they encounter pornography using the 'Stop-Think-Do' thinking framework.</li> </ul>
Keeping Myself Safe (Lesson 3) Term 2 Week 3	<ul style="list-style-type: none"> <li>- know what sexual abuse is and identify the signs of danger online</li> <li>- explain their rights in keeping themselves safe from sexual abuse</li> <li>- elaborate on the precautionary measures they should take when they communicate with people online</li> <li>- evaluate and explain how they can protect themselves online / offline and avoid dangers, by weighing the consequences of decisions on self and others.</li> <li>- explain the importance of help-seeking and identify ways to seek help.</li> </ul>



**[Acknowledgement of Letter (For all parents)]**

Index Number:
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Dear Mr Chua Choon Hock

**THE GROWING YEARS PROGRAMME FOR YEAR 2023**

I acknowledge receipt of letter from the school dated on 20/01/23 regarding the school's sexuality education, The *Growing Years Programme* that will be taught in 2023. I have read and understood the information provided on the content coverage and delivery of the programme.

\_\_\_\_\_  
*Parent's/Guardian's Name & Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_ (     )  
*(Child's/ Ward's Name)*

\_\_\_\_\_  
*Class*

**[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/Guardian's Name: \_\_\_\_\_

Child's/ Ward's Name: \_\_\_\_\_

Name of Principal      Mr Chua Choon Hock

Name of School      Cedar Primary School

Dear Principal

**THE GROWING YEARS PROGRAMME FOR YEAR 2023**

1. I would like to withdraw my child/ward, \_\_\_\_\_, of \_\_\_\_\_  
(full name of child) (class of child)  
from the *Growing Years* programme for 2023.

2. My reason(s) for my decision to opt my child / ward out of the programme:

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

Others: \_\_\_\_\_

3. Thank you.

\_\_\_\_\_  
Parent's/Guardian's Name & Signature

\_\_\_\_\_  
Contact No. (mobile)

\_\_\_\_\_  
Email address (optional)