

Information on Sexuality Education Programme

QIHUA PRIMARY SCHOOL

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 log on to <http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education> for more information on MOE's Sexuality Education.

OVERVIEW OF QIHUA PRIMARY SCHOOL'S SED PROGRAMME FOR 2009

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

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) Programme: “Curious Minds” (Upper Primary) package

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.

“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 Qihua Primary School, the following lessons from the GY series have been covered in 2009:

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
P5	Why Don't I Like Myself?	<ul style="list-style-type: none">• Important to develop self-confidence & a good self esteem to cope with emotional stresses.• No right or wrong emotion but must know how to deal with feelings	Term 2
	Who Should I Be?	<ul style="list-style-type: none">• Important not to stereotype roles according to gender• To be comfortable with our sexuality & learn how to enhance our strengths	Term 2

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
P5	What Is My Role?	<ul style="list-style-type: none"> • Each member of family has certain authority & role • Some members perform certain duties more than others • Gender roles evolve with changes in society, thus we should avoid stereotyping 	Term 2
	Who Can Help Me?	<ul style="list-style-type: none"> • Turn to parents for information & support on sensitive issues • Various sources of help • Ensure help is from reliable sources 	Term 2
	What Is love?	<ul style="list-style-type: none"> • Attraction to someone may be intense but temporary • Infatuation is normal as young people explore expectations & values in relationships • Importance of recognising when feelings are unhealthy 	Term 2
	Where Do I begin?	<ul style="list-style-type: none"> • Strong friendship promotes personal growth & well-being • Boy-girl relationship does not connote sexual obligations • Healthy relationship requires emotional maturity, effective communication skills, self-control, self awareness & sense of responsibility 	Term 2
	Why Do I Like You?	<ul style="list-style-type: none"> • Strong friendship with the same or opposite sex promotes personal growth & sense of well being • Idolising is normal and will pass as pupils grow 	Term 2

INFORMATION FOR PARENTS FOR YEAR 2010

- 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 will be distributed to parents at the start of the year and is also downloadable from the school's website <http://schools.moe.edu.sg/qihua>. A hardcopy of the form, duly completed and signed, is to be submitted to the school office. (to be advised at a later date)
- c. Our school does not engage any external providers to conduct the Growing Years Series. It has been conducted by our school teachers.
- d. Parents can contact the school for discussion or seek clarifications about the school's sexuality education programme.