



MAYFLOWER PRIMARY SCHOOL

200, ANG MO KIO AVENUE 5

SINGAPORE 569878

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<https://mayflowerpri.moe.edu.sg/>

3 January 2023

Notification No.: 002/2023

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://go.gov.sg/mfps-gy>) for more information on Mayflower Primary School's Sexuality Education Programme for 2023. A brief outline of the lessons can also be found in *Annex A*.
 5. Please **submit your consent on Parents Gateway by Thursday, 5 January 2023** once you have read and understood the information provided on the content coverage and delivery of the programme. If you are not on Parents Gateway, your child/ward may submit the 'Acknowledgement of Letter' slip to his/her Form Teachers by Thursday, 5 January 2023.
 6. If for any reason, you **would like to withdraw your child/ward or opt out** of The Growing Years Programme, please complete the parent opt-out form by **Thursday, 5 January 2023**. The link for the opt-out form is <https://go.gov.sg/2023mfpsgy>. You may also complete the hard copy 'Parent Opt-out Form' and submit it to your child's/ward's Form Teachers by Thursday, 5 January 2023.
 7. Thank you.

Yours sincerely,



Ms Cecilia Lim
Principal

At Mayflower Primary School, the following lessons from the Growing Years Programme will be taught:

PRIMARY 5

TOPIC	UNIT / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:
Puberty	The Changes in Me (1 hour)	<ul style="list-style-type: none"> • identify the emotions and stresses caused by physical changes during puberty • describe healthy ways to manage the stresses caused by these physical and emotional changes
Pornography	Did You Know? (1 hour)	<ul style="list-style-type: none"> • know what pornography is, where they might encounter it and how it can affect themselves and others. • understand the dangers of pornography and reject the viewing and/or reading of pornographic materials. • recognise possible situations where they may encounter pornography. • learn how to respond, by using 'Stop-Think-Do', when they encounter pornography • evaluate their own responses when they encounter pornography by using 'Stop-Think-Do'.
Sexual Abuse	Keeping Myself Safe (1 hour)	<ul style="list-style-type: none"> • know what sexual abuse is and abuse how it can happen during online and offline interactions and the impact of the abuse on victims • identify the signs of online danger • know their right to keep themselves safe from sexual abuse • know what precautionary measures they should take when they communicate with people online. • know how to protect themselves online and offline and how to avoid dangers by weighing the consequences, on themselves and others, arising from any decisions they might make. • know the importance of seeking help and how to identify ways to seek help.

PRIMARY 6

TOPIC	UNIT / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:
Pornography	Did You Know? (1 hour)	<ul style="list-style-type: none"> • know what pornography is, where they might encounter it and how it can affect themselves and others. • understand the dangers of pornography and reject the viewing and/or reading of pornographic materials. • recognise possible situations where they may encounter pornography. • learn how to respond, by using 'Stop-Think-Do', when they encounter pornography • evaluate their own responses when they encounter pornography by using 'Stop-Think-Do'.
Love vs Infatuation	Are We More Than Friends? – Lesson 1 (1 hour)	<ul style="list-style-type: none"> • understand and distinguish between the characteristics of love and infatuation • identify the strong emotions that may arise from experiencing the feelings of infatuation
	Are We More Than Friends? – Lesson 2 (1 hour)	<ul style="list-style-type: none"> • learn healthy ways to manage the emotions arising from infatuation • recognise the importance of respecting the boundaries of any relationship • recognise the negative impact of teasing their peers who may be experiencing the feelings of infatuation.

[For parents/guardians not on Parents Gateway] Acknowledgement of Letter

THE GROWING YEARS PROGRAMME

I acknowledge receipt of letter from the school dated 3 January 2023 regarding the MOE sexuality education 'Growing Years' programme. 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

Hard Copy of 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: _____

Parent of (Child's name): _____

Dear Principal

THE GROWING YEARS PROGRAMME

1. I would like to withdraw my child, _____, of
(full name of child)

_____ from the *Growing Years* programme.
(class of child)

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

- Religious reasons
- My child is too young.
- I would like to personally educate my child on sexuality matters.
- I do not think it is important for my child to attend Sexuality Education lessons.
- I have previously taught my child 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 Name & Signature

Contact No. (mobile)

Email address (optional)