



# **GEYLANG METHODIST SCHOOL (PRIMARY)**

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## **MOE SEXUALITY EDUCATION IN SCHOOLS THE GROWING YEARS PROGRAMME 2018**

Dear Parents/Guardians

Our school will be conducting the MOE Growing Years (GY) Programme for P5 and P6 pupils as part of the post-exam activities helmed by our Sexuality Education-trained teachers and school counsellors.

Sexuality Education 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.

Sexuality Education 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 Sexuality Education based on respect for the values and beliefs of the different ethnic and religious communities in Singapore on sexuality issues.

### **The goals of Sexuality Education are to help:**

- (i) pupils 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) pupils know themselves and build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, manage their thoughts, feelings and behaviours, develop empathy for others, possess effective communication, problem-solving and decision-making skills; and
- (iii) pupils 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.

**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.

More information about the content coverage and delivery of the GY Programme 2018 can be found in our school's website:

*(Departments > Character & Citizenship Department > MOE Sexuality Education in Schools 2018)*

Should you choose to opt your child/ward out of the GY Programme, please approach the staff at the General Office for an opt-out form or alternatively, you may download it from the school website under the link: Letter for Sexuality Education Opt out 2018.doc

We look forward to your support to meet your child/ward's developmental needs, give emphasis to the teaching of skills and values, and focus on helping him or her navigate *changes* and build healthy *relationships*.

You may contact Ms Nadiah (Sexuality Education Coordinator) for clarification or more information with regard to the GY programme at **Tel: 6748 6746** or email her at [nadiah\\_hana\\_abdul\\_rahman@moe.edu.sg](mailto:nadiah_hana_abdul_rahman@moe.edu.sg).

Thank you.

Yours faithfully,

Mrs Jennifer Choy  
Principal