

## What can I do to support my child's development?

You can support your child by:

- providing the family perspective on values and beliefs
- being open in discussing sexuality issues with your child
- responding positively and supportively to learning opportunities at home
- emphasising the importance of responsible behaviour
- being available to advise and guide your child
- providing feedback to the school

### Option

You have a key role in your child's total development. As such, you may exercise your choice to opt your child out of the Growing Years programme. You may approach your child's school for the opt-out form. Alternatively, you may download it from the school's website.

*Home-School-Community partnership is important for all aspects of education.*

*Parents can support their children in Sexuality Education and work hand in hand with schools to reinforce the values taught, to help them make good decisions.*



Ministry of Education  
SINGAPORE

# THE GROWING YEARS PROGRAMME PRIMARY 5 & 6 CURIOUS MINDS

## Sexuality Education in Schools Specially for Parents



## What is Sexuality Education?

Through Sexuality Education, students will learn 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 informed and responsible decisions on sexuality matters.

## What is the approach taken?

Sexuality Education is taught in the context of values which Singapore's mainstream society believes in and is premised on the family as the basic unit of society. This means encouraging heterosexual married couples to have healthy relationships with each other, and to build stable nuclear units with extended family support.

Sexuality Education teaches abstinence before marriage as the best course of action for teens. It also teaches the possible consequences of sexual activity and that pre-marital sex is not encouraged as there are undesirable risks.

## What is the Growing Years programme?

The Growing Years programme addresses the subject of human sexuality from a holistic perspective, involving the physical, emotional, social and ethical aspects of sexuality.

The programme has packages developed for Primary 5 & 6, Lower Secondary, Upper Secondary and Junior College/Centralised Institute levels to cater to the needs of students as they grow up.

## How can my child benefit from the Growing Years programme (Primary 5 & 6)?

The Growing Years programme (Primary 5 & 6) will enable your child to:

- Understand the changes experienced during puberty, and develop respect for themselves and others
- Build healthy relationships with peers, anchored on the love and support of their families
- Exercise safety in potentially harmful situations and seek help when needed

## What is covered in the Growing Years programme (Primary 5 & 6)?

- **Puberty**  
The onset of puberty and ways to manage the physical and emotional changes
- **Relationships**  
The importance of families and friends and the values and skills for healthy relationships
- **Love and Infatuation**  
The difference between love and infatuation and ways to manage feelings associated with infatuation
- **Sexual Abuse**  
Definition of sexual abuse and ways to protect oneself from harm, including seeking help
- **Media Influence**  
Discerning the reliability of media messages and learning ways to protect one's safety when forming relationships through social networking sites