

Annex

Updated: Jan 2021

UNIT	LESSONS / DURATION	LESSON OBJECTIVES	TIME PERIOD
		At the end of the lesson, pupils will be able to:	
	Main Task (30 min)	Description of the Main Task: Pupils are to play the role of an Uncle/Aunt Agony to help a peer address his/her experiences during puberty. They will consider the situation from the point of view of the peer and share ways to help him/her cope with the changes he/she is going through.	Term 2 Week 10
Where I Belong	What Are Families? (30 min)	<ul style="list-style-type: none"> know that there are different types of family structures know that every family is unique state that the three basic functions of families are to provide love, protection and guidance identify the right sources of help to turn to when in need 	Term 2 Week 10
Where I Belong	What is My Role? (30 min)	<ul style="list-style-type: none"> know that gender is about being male or female choose not to stereotype by gender 	Term 2 Week 10
How Do I Keep Myself Safe?	What is Safety? (30 min)	<ul style="list-style-type: none"> know what sexual abuse is know that there are laws in Singapore that can protect them from sexual abuse know their rights in keeping themselves safe from sexual abuse 	Term 2 Week 10
	Stop It! Run! Tell! (30 min)	<ul style="list-style-type: none"> protect themselves by resisting, removing themselves from harm and seeking help from a trusted adult know their responsibilities in minimising the risk of sexual harm 	Term 2 Week 10

Fig 1. A section of MOE's 2021 Growing Years curriculum for Primary 5 students¹

¹ Singapore Chinese Girls' School (Primary), *Singapore Chinese Girls' School (Primary) - MOE Sexuality Education In Schools* (Singapore: Singapore Chinese Girls' School (Primary), 2021), 4, <https://www.scgs.moe.edu.sg/files/Archive/Sexuality-Education-Information-Primary-2021.pdf>

2024 SEXUALITY EDUCATION LESSONS IN CCE 2021

PRIMARY 5

CCE(FTGP) THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 2)
Growing Years	The Changes in Me (60 min)	This lesson focuses on helping students identify the emotions and stress caused by physical changes during puberty. Students will learn to describe the healthy ways to manage their negative feelings during this time. They will also learn to recognise that one's identity need not be negatively affected, even when one's body is experiencing changes due to puberty. <i>This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.</i>	Term 3 Week 2
	Did You Know? (60 min)	This lesson focuses on helping students know what pornography is and how it can affect themselves and others. Students will learn about the dangers of being exposed to sexually explicit materials and reject the viewing and/or reading of pornographic materials. They will learn to evaluate their own responses when they encounter pornography by applying the strategy ' Stop-Think-Do '. <i>This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.</i>	Term 3 Week 3

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Updated: Dec 2023

CCE(FTGP) THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 2)
		<i>This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.</i>	
	Keeping Myself Safe (60 min)	In this lesson, students will learn about sexual abuse, how it can happen during online and offline interactions and the impact of such abuse on victims. They also learn how to take precautionary measures to be safe and how to seek help for themselves and their friends. <i>This lesson is conducted separately for boys and girls in different classrooms, so that the students will feel more comfortable during the discussions.</i>	Term 3 Week 4

Fig 2. MOE's 2024 Growing Years curriculum for Primary 5 students²

² "Sexuality Education Programme for Primary 5", CHIJ (Katong) Primary, 25 March 2024, <https://www.chijkcp.moe.edu.sg/our-ij-experience/co-curricular/cce/sexuality-education-programme-2023-Primary5/>

2024 SEXUALITY EDUCATION LESSONS IN CCE 2021

SECONDARY 2

Unit	Lesson Title/ Duration	Lesson Overview	Lesson Objectives At the end of the lesson, students will be able to:	Time Period (e.g. Term 1 Week 2)
Respectful Relationships & Safety	A Role for Everyone Lesson 1 (60 mins)	<p>This lesson focus on how the family, culture and society can influence one's perception of their gender roles. Students will learn what gender stereotypes are (e.g. males traditionally as breadwinners and females traditionally as doing household chores) and how gender stereotypes are formed. Students will discuss how one's understanding of gender roles should not be limited by gender stereotypes, for example women can be pilots, while men can be nurses.</p> <p>Students learn to focus on their personal strengths to pursue their interests and build their self-confidence.</p> <p>Students will also learn about the definitions of biological sex, gender identity, gender expression and sexual orientation. They will learn to treat everyone with respect and empathy.</p>	<ul style="list-style-type: none"> know that one's understanding of gender roles should not be limited by gender stereotypes develop an appreciation of one's own unique qualities and characteristics as a male or female understand what sexual orientation entails 	Term 2 Week 4

Fig 3. A section of MOE's 2024 Growing Years curriculum for Secondary 2 students³

³ Raffles Girls' School, 2024 SEXUALITY EDUCATION LESSONS IN CCE 2021 (Singapore: Raffles Girls' School, 2023), 5, https://www.rgs.edu.sg/files/2024_Info_on_SEd_for_RGS_website_1_.pdf