



TEMASEK PRIMARY SCHOOL

Learn, Lead, Serve & Grow

Homelinks : H/012/2020

13 January 2020

Through: The Principal



Dear Parents/ Guardians,

The Growing Years Series (GYS) Programme for Primary 5

1. Your child/ ward's upper primary years mark the onset of puberty. He/She would have experienced many physical and psychological changes in himself/herself.
2. The school will be introducing to all Primary 5 students the 'Growing Years Series' programme. The programme will continue at Primary 6, secondary schools and junior colleges. The lessons in this 'Growing Years Series' aim to provide support and proper guidance to help your child/ ward make appropriate choices and decisions which would result in him/her leading satisfying adult lives in the future.
3. The programme comprises 16 lessons. Your child/ ward will be going through 8 lessons in 2020 and the other 8 lessons in 2021. The programme will be conducted during the curriculum time by our school teachers, trained in Sexuality Education. The list of topics to be taught is appended in Annex A. You may also access the school website for further information on the School's Sexuality Education.
4. We have appended an option form (Annex B) for your consent. Kindly return the consent form to your child/ ward's Form Teacher by **Friday, 17 January 2020.**
5. Please do not hesitate to contact Mdm Choo Ping Li at **6443 8134** should you need further clarification.
6. Thank you.

Yours sincerely,

Mdm Choo Ping Li
Teacher-in-charge
Growing Years Series



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**THE GROWING YEARS SERIES (GYS)
TOPICS FOR PRIMARY 5
2020**

Annex A

LESSON	TOPIC	Learning Outcomes
		Students will be able to:
GY Unit 1 Lesson 1	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> know what puberty is identify the physical changes during puberty
GY Unit 1 Lesson 2	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> identify the stresses caused by physical and emotional changes during puberty describe healthy ways to manage the stresses caused by physical and emotional changes during puberty describe the emotions caused by physical changes during puberty recognise that one's identity does not change even when one's body is experiencing change due to puberty
GY Unit 1 Lesson 3	What Can I Do? (Part 2) (30 min)	<ul style="list-style-type: none"> identify the stresses caused by physical and emotional changes during puberty describe healthy ways to manage the stresses caused by these physical and emotional changes during puberty describe the emotions caused by physical changes during puberty recognise that one's identity does not change even when one's body is experiencing change due to puberty
GY Unit 1 Lesson 4	Main Task (30 min)	<p>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.</p>
GY Unit 2 Lesson 5	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
GY Unit 2 Lesson 6	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
GY Unit 3 Lesson 7	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
GY Unit 3 Lesson 8	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



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THE GROWING YEARS SERIES (GYS) TOPICS FOR PRIMARY 6 2021

Annex A

LESSON	TOPIC	Learning Outcomes
		Students will be able to:
GY Unit 4 Lesson 9	Who Are My Friends? (30 min)	<ul style="list-style-type: none"> identify the qualities of a healthy friendship recognise the importance of making wise choices in friendship
GY Unit 4 Lesson 10	Am I A Good Friend? (30 min)	<ul style="list-style-type: none"> identify the qualities that they have as a friend recognise the importance of developing in oneself the qualities of a good friend
GY Unit 4 Lesson 11	What is Love? (30 min)	<ul style="list-style-type: none"> identify the characteristics of love and infatuation distinguish between the characteristics of love versus infatuation identify strong feelings arising from infatuation
GY Unit 4 Lesson 12	Am I Falling In Love? (30 min)	<ul style="list-style-type: none"> manage strong feelings arising from infatuation identify ways to manage and cope with teasing from peers
GY Unit 4 Lesson 13	Main Task (30 min)	<p>Description of the Main Task:</p> <p>Pupils are to play the role of a game designer who wants to create a board game to help pupils of their age learn more about the Big Idea of Relationships, specifically on family, friendships, love and infatuation. They will consider the issues that their peers would face and craft questions and answers that they believe their peers would benefit most from knowing.</p>
GY Unit 5 Lesson 14	Are You Really My Friend? (30 min)	<ul style="list-style-type: none"> identify the pros and cons of forming relationships through social networking websites know ways to keep themselves safe when using social networking websites
GY Unit 5 Lesson 15	Is It All Safe? (30 min)	<ul style="list-style-type: none"> know that some information (like pornography) received through the Internet may be harmful know ways to keep themselves safe when using social networking website or the internet
GY Unit 5 Lesson 16	Main Task (30 min)	<p>Description of the Main Task:</p> <p>Pupils are to apply their understanding of Safety in a variety of scenarios where the main character could be in a precarious situation. They will consider the situation from the point of view of the main character, discuss what they think and feel about the situation and what they will do or say to ensure their safety. These scenarios will provide pupils with the opportunity to demonstrate their understanding of Safety and that safety is a right and a responsibility.</p>



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Homelinks: H/012/2020

Annex B

13 January 2020

To: The Principal

Dear Madam,

The Growing Years Series (GYS) Programme for Primary 5

For All Parents/Guardians

1. *I have read and understood the content coverage and delivery of the 'Growing Years Series' Programme in the school for 2020/2021. I allow my child/ward, _____ of P5 _____ to attend the 'Growing Years Series' Programme for 2020/2021.*

Name of Parent/Guardian

Signature of Parent/Guardian

Date

For Parents/Guardians who wish to opt their child out of the GYS Programme

2. I would like to withdraw my child/ward, _____,
(full name of child/ward)
of P5 _____ from the 'Growing Years Series' programme for 2020/2021.
3. My reason(s) for my decision to opt my child/ward out of the programme:
- Religious reasons
 - My child/ward is too young.
 - I would like to personally educate my child/ward on sexuality matters.
 - I do not think it is important for my child/ward to attend Sexuality Education lessons.
 - I have previously taught my child/ward 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: _____
4. Thank you.

Name of Parent/Guardian

Signature of Parent/Guardian

Date

Contact Numbers (Home): _____ Mobile Number: _____

