



Through School To Nation

CHANGKAT CHANGI SECONDARY SCHOOL

23 Simei Street 3 Singapore 529894 Tel : 6785 9790 Fax : 6786 8481 Email : changkatchgi@moe.edu.sg

January 2019

Dear Parents/ Guardians,

RE: SEXUALITY EDUCATION PROGRAMME

The objectives of the Sexuality Education (SEd) programme in school are to allow 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 covers the following dimensions of a person's sexuality:

- Physical: Physical sexual maturation and intimacy, the physiology of sex and human reproduction;
- Emotional: Sexual attitudes and feelings towards self and others;
- Social: Sexual norms and behaviour and their legal, cultural and societal implications; and
- Ethical: Values and moral systems related to 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;**
- (iv) Abstinence before marriage is the best protection against STIs/HIV and unwanted pregnancies. Casual sex can harm and hurt you and your loved ones.**

The school will be conducting lessons from the Ministry of Education Sexuality Education Resource Package ('The Growing Years' lesson packages) during the Character and Citizenship Education (CCE) lessons that will take place in curriculum time. The resources are developed to address the specific needs of the particular age group. Teachers who have undergone specialised training by the Ministry of Education will conduct the lessons.



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The topics to be covered and an option form are attached for your action. Please submit the option form to the form teacher (via your child/ward) by **23 January**. You may also refer to our website for more information

<https://changkatchangisec.moe.edu.sg/experience-at-changkat/character-and-citizen-education/sexuality-education>

If you have any queries on the above programme, please email Ms Marie Lee, HOD CCE, at lee_li_neng_marie@schools.gov.sg. Alternatively, you can also contact her at 67859790 ext 119.

Thank you and we look forward to your support for the programme.

Yours sincerely,

Ms Sharma Poonam Kumari
Principal
Changkat Changi Secondary School



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Date: _____

Parent's Name: _____

Parent of (Child's name): _____

Dear Principal

THE GROWING YEARS PROGRAMME FOR YEAR 2019

Acknowledgement of Letter – For all parents.

I acknowledge receipt of letter from the school regarding the school's sexuality education, *Growing Years* programme, that will be taught in 2019. I have read the information provided on the content coverage and delivery of the programme.

Parent's Acknowledgement: Name & Signature

Parent Opt-out Form –

Applicable only if parents wish to opt their child out of the Growing Years programme

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

_____ from the *Growing Years* programme for 2019.
(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)