

Schedule For Sexuality Education lessons taught in 2022.

Primary 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Gosh! I Am Changing	What Is Happening To Me? (30 min)	<ul style="list-style-type: none"> know what puberty is identify the physical changes during puberty 	Term 2 Week 8
	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 	Term 2 Week 8
	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 	Term 3 Week 1
	Main Task (30 min)	<p>Description of the Main Task:</p> <p>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>	Term 3 Week 1
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 	Term 3 Week 3

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
		<ul style="list-style-type: none"> identify the right sources of help to turn to when in need 	
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 3 Week 3
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 3 Week 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 	Term 3 Week 8