



## ST JOSEPH'S INSTITUTION JUNIOR

*A Lasallian School of the De La Salle Brothers*

SJIJ/2023/01/958

12 January 2023

Dear Parents/ Guardians

### THE GROWING YEARS (SEXUALITY EDUCATION) PROGRAMME 2023

The Growing Years programme (GY) in schools is about enabling 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. Growing Years is premised on the importance of the family as the basic unit of society. This means encouraging healthy, heterosexual marriages and stable nuclear family units with extended family support. The teaching and learning of Growing Years is based on respect for the values and beliefs of the different ethnic and religious communities in Singapore on sexuality issues. **Please note that this programme DOES NOT cover the topic of safe sex or use of contraception.**

2. The goals of Growing Years programme are:

- (i) To help students **make wise, responsible and informed decisions** through the provision of accurate, current and age-appropriate knowledge on human sexuality and the consequences of sexual activity;
- (ii) To help students know themselves and build **healthy and rewarding relationships** through the acquisition of social and emotional skills of self-awareness, management of their thoughts, feelings and behaviours, development of empathy for others, possession of effective communication, problem-solving and decision-making skills; and
- (iii) To help students **develop a moral compass, respect for themselves and for others** as fellow human beings, premised on the family as the basic unit of society, through the inculcation of positive mainstream values and attitudes about sexuality.

3. The key messages of Growing Years 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 best choice.
4. Please visit the school's Growing Years webpage (<https://sjjunior.moe.edu.sg>) for more information on St Joseph's Institution Junior's Growing Years Programme for 2023.
5. Thank you.

Yours faithfully,



Mr Eric Leong  
Principal



Mr Christopher Cheong  
Growing Years Coordinator

**[Acknowledgement of Letter (For all parents)]**

Dear Mr Cheong

**THE GROWING YEARS PROGRAMME FOR YEAR 2023**

I acknowledge receipt of letter from the school dated on 12/01/2023 regarding the school's Growing Years programme that will be taught in 2023. I have read and understood the information provided on the content coverage and delivery of the programme.

\_\_\_\_\_  
*Parent's Name & Signature*

\_\_\_\_\_  
*Date*

Parent of: \_\_\_\_\_ ( )  
*(Child's Name)*

\_\_\_\_\_  
*Class*

**[Parent Opt-out Form –This section is applicable only if parents wish to opt their child out of the Growing Years programme.]**

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent of (Child's name): \_\_\_\_\_

Dear Mr Cheong,

**THE GROWING YEARS PROGRAMME FOR YEAR 2023**

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

\_\_\_\_\_ from the Growing Years programme for 2023.  
(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 GY 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)