



ST JOSEPH'S INSTITUTION JUNIOR

A Lasallian School of the *De La Salle* Brothers

SJIJ/2024/01/251

15 January 2024

Dear Parents/ Guardians

THE GROWING YEARS (SEXUALITY EDUCATION) PROGRAMME 2024

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.
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 2024.
5. Please acknowledge this letter through **Parent Gateway** that you have read and understood the information provided on the content coverage and delivery of the programme.
6. Thank you.

Yours faithfully,



Mr Eric Leong
Principal



Mr Christopher Cheong
Growing Years Coordinator