

At WESTWOOD Secondary School, the following lessons from the Growing Years Programme will be taught in 2018:

SECONDARY 1

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
The Real Self (Part 1)	1 (60 mins)	<ul style="list-style-type: none"> • know how one's perception of his body is linked to personal experiences and the sources of information that are taken in • recognise that one's self-perception is influenced by his perception of his body • know strategies to develop healthy/positive perception of one's body.
Lessons about Love (Part 1)	2 (60 mins)	<ul style="list-style-type: none"> • recognise the importance of cultivating friendships with members of the same and opposite sex • recognise what constitutes healthy and unhealthy relationships • recognise the influence of peers on oneself and one's value system • distinguish between various types of love • know that the underlying value for healthy relationships is respect
	3 (60 mins)	<ul style="list-style-type: none"> • recognise the importance of developing a friendship before committing to a romantic relationship • recognise what dating involves • know the different levels of physical intimacy in a relationship • know that certain public displays of affection are not considered appropriate behaviour in our society • recognise that it is important to seek their family's views, beliefs and expectations with regard to dating and romantic relationships in teenage years
"Familiar" Strangers Alert (Part 1)	4 (60 mins)	<ul style="list-style-type: none"> • reflect on the reasons for people to use social networking sites to make friends or to engage their existing friends • know the usefulness and dangers of making friends over social networking platforms • recognise that the media can influence the way people think, feel and behave • identify ways to protect themselves from negative influences from the media

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> • know the physiological, psychological and social impact of sexual abuse on the individual • recognise the provision of Singapore laws that serves to protect teenagers from sexual perpetrators and persecute those who have committed such crimes • identify sources to seek help and support
	5 – Part 2 Main Task (Activity) (30 mins)	<ul style="list-style-type: none"> • reiterate how the media can influence relationships (with self, peers, and the opposite sex) • present this information in the form of a song, short 1-min video, rap, poster or any other preferred mode

SECONDARY 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
Lessons about Love (Part 2)	6 (60 mins)	<ul style="list-style-type: none"> • identify why relationships break down • identify the emotions that accompany the breakdown of a relationship • know healthy ways of coping with rejections and breakups • recognise the need to be respectful and responsible in ending a relationship • know ways to seek support when going through a breakdown of relationship and offer support for those going through the same
	7 (60 mins) & 8 – Part 1 (30 mins)	<ul style="list-style-type: none"> • recognise the sources of temptation and situations that lead to pre-marital sex • resist pressure to engage in sexual activities • know the consequences of engaging in pre-marital sex • recognise that respect and responsible decision making are important in relationships • recognise the value of sexual abstinence • identify sources to seek help and support when faced with teenage pregnancy
	8 – Part 2 Main Task (Activity) (30 mins)	<p>reiterate in this activity</p> <ul style="list-style-type: none"> ○ the consequences of pre-marital sex ○ the value of abstinence before marriage ○ skills to say 'no' to temptations or pressure to have sex <ul style="list-style-type: none"> • present the above through a short skit / presentation, song lyrics/ poem, or a comic strip / poster, or other preferred modes.
At the Crossroads (Part 1)	9 (60 mins)	<ul style="list-style-type: none"> • describe what pornography is, and why people view pornographic materials • examine the effects of pornography on self and others • know what masturbation is, and its relation to pornography • recognise the harmful consequences of excessive masturbation • recognise that they are able to make responsible decisions to manage their sexual desires • know appropriate sources to obtain accurate information about sex
	10 (60 mins)	<ul style="list-style-type: none"> • know/define what gender role is • know the influence of family, culture and society on one's perception of his/her gender role • appreciate/ affirm one's own unique qualities and characteristics as a male or female. • know/define what sexual orientation (heterosexuality and homosexuality) is • recognise the need to treat people with respect regardless of their sexual orientation

SECONDARY 3

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
Lessons about Love (Part 3)	1 (60 mins)	<ul style="list-style-type: none"> • recognise what constitutes responsible dating • evaluate if a dating relationship is healthy or unhealthy • demonstrate competencies in managing emotions in dating and romantic relationships
	2 (60 mins)	<ul style="list-style-type: none"> • recognise differences in perspectives of dating and romantic relationships • evaluate one's readiness for romantic relationships • recognise challenges that occur in the context of a relationship • examine how our response to emotions can affect relationships positively or negatively
	3 (60 mins)	<ul style="list-style-type: none"> • recognise the different levels of physical intimacy in a relationship • know the progressive nature of actions that lead to sexual arousal and intercourse • recognise that one may unintentionally invite sexual intimacy through one's verbal and non-verbal behaviour
	4 (60 mins)	<ul style="list-style-type: none"> • evaluate the norms of acceptability for public display of affection • recognise how new media has shaped public perception of acceptability of public display of affection • identify the strengths and limitations of new media in allowing people to develop serious relationships • recognise how new media has influenced relationship building both positively and negatively • appreciate the value of face-to-face relationships
The Real Self (Part 2)	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> • recognise the importance of having healthy self-esteem that is not affected by external influences • demonstrate strategies to identify and evaluate sources that contribute towards healthy self-esteem • recognise the importance of self-esteem in building friendships Identity and healthy relationships
	5 – Part 2 Activity (30 mins)	<ul style="list-style-type: none"> • reiterate and present the positive and negative messages about self-image received from a chosen source (peers, teachers, families or the media) and share tips on managing the negative messages.

SECONDARY 4

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
Lessons about Love (Part 4a)	6 (60 mins)	<ul style="list-style-type: none"> • explain the process of grief and loss that people experience when a relationship breaks down • exercise sensitivity and empathy when communicating break-ups • recognise that one can emerge stronger after a break-up
“Familiar” Strangers Alert (Part 2)	7 (60 mins)	<ul style="list-style-type: none"> • know what is considered pornographic material on the Internet under the Internet code of practice • reflect on the legal consequences of sexual behaviour and include these considerations in their decision-making pertaining to pornography
At the Crossroads (Part 2)	8 (30 mins)	<ul style="list-style-type: none"> • distinguish between biologically-based and socially-conditioned gender characteristics • evaluate views towards self and others, with regard to gender differences and stereotypes
Lessons about Love (Part 4b)	9 (60 mins)	<ul style="list-style-type: none"> • recognise that commitment is a necessary ingredient for success in a marriage • identify responsibilities involved and the challenges faced in marriages
NA	10 Activity (60 mins)	<ul style="list-style-type: none"> • reiterate and discuss on a topic of interest from the following: rejections and broken relationships, pornography, gender identity or marriage, cohabitation and divorce. • recognize the key values and attitudes for each topic

SECONDARY 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:
Lessons about Love (Part 5)	1 (60 mins)	<ul style="list-style-type: none"> • reflect on the qualities of a healthy romantic relationship • evaluate one's readiness for a romantic relationship, leading to marriage • recognise that intimacy in a relationship need not be limited to physical intimacy • recognise that break ups can allow one to understand oneself better
NA	2 (60 mins)	<ul style="list-style-type: none"> • be engaged in a discussion on the following: <ul style="list-style-type: none"> - My ideal life partner - My future (How do they envision their future to be like – in terms of their career, family etc.) - Potential obstacles (What are the potential incidents that may prevent them from reaching their life goals? – distraction from studies, break ups, teenage pregnancy etc.) - My pillars of support (identify the pillars of support they can have to guide them to the desired future) • Recognised to respect relationships