

At Westwood Secondary School, the following lessons from the Sexuality Education Programme will be taught in 2021:

**SECONDARY 1**  
**CCE 2021 Theme: Making Choices**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1)
Respectful Relationships & Safety	1 (60 mins)	<ul style="list-style-type: none"> <li>• Recognise the importance of monitoring and managing our emotional reactions, in helpful ways that are reflective of our values and principles</li> <li>• Recognise that there are different forms of love (e.g. familial, platonic, romantic love)</li> <li>• Recognise the importance and understand what builds healthy and supportive relationships, both online and offline</li> <li>• Understand what dating is, and recognise that the readiness and interest in dating vary among individuals</li> </ul>	Term 3 & 4
	2 (60 mins)	<ul style="list-style-type: none"> <li>• Understand that physical and psychological abuse from others, especially those we know and trust, can have strong negative effects on a person's self-concept</li> </ul>	Term 3 & 4
	3 (60 mins)	<ul style="list-style-type: none"> <li>• Understand and accept that as we work towards becoming our best self, there will be times when we make mistakes, and recognise the importance of exercising moral courage in facing up to consequences</li> <li>• Recognise that there are moral and legal consequences of risky sexual behaviours, pornography access and acting irresponsibly or maliciously when online (e.g. spreading of online falsehoods, flouting copyright laws, etc.)</li> </ul>	Term 3 & 4

**SECONDARY 2**  
**CCE 2021 Theme: Making Choices**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1)
Respectful Relationships & Safety	1 (60 mins)	<ul style="list-style-type: none"> <li>• Know that one's understanding of gender roles should not be limited by gender stereotypes</li> <li>• Develop an appreciation of one's own unique qualities and characteristics as a male or female</li> <li>• Understand what sexual orientation entails</li> </ul>	Term 3 & 4
	2A (60 mins)	<ul style="list-style-type: none"> <li>• Recognise one's vulnerability to risky situations and the importance of exercising discretion to reduce risks and avoid negative consequences, both online and offline</li> </ul>	Term 3 & 4
	2B (60 mins)	<ul style="list-style-type: none"> <li>• Recognise the importance of self-respect and respect for others in relating to members of the opposite gender</li> <li>• Recognise one's vulnerability to risky situations and the importance of exercising discretion to reduce risks and avoid negative consequences, both offline and online</li> </ul>	Term 3 & 4

**SECONDARY 3**  
**Sense and Sexuality (2<sup>nd</sup> Edition)**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1)
Lessons about Love (Part 3)	1 (60 mins)	<ul style="list-style-type: none"> <li>• recognise what constitutes responsible dating</li> <li>• evaluate if a dating relationship is healthy or unhealthy</li> <li>• demonstrate competencies in managing emotions in dating and romantic relationships</li> </ul>	Term 1 & 2
	2 (60 mins)	<ul style="list-style-type: none"> <li>• recognise differences in perspectives of dating and romantic relationships</li> <li>• evaluate one's readiness for romantic relationships</li> <li>• recognise challenges that occur in the context of a relationship</li> <li>• examine how our response to emotions can affect relationships positively or negatively</li> </ul>	Term 1 & 2
	3 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the different levels of physical intimacy in a relationship</li> <li>• know the progressive nature of actions that lead to sexual arousal and intercourse</li> <li>• recognise that one may unintentionally invite sexual intimacy through one's verbal and non-verbal behaviour</li> </ul>	Term 1 & 2
	4 (60 mins)	<ul style="list-style-type: none"> <li>• evaluate the norms of acceptability for public display of affection</li> <li>• recognise how new media has shaped public perception of acceptability of public display of affection</li> <li>• identify the strengths and limitations of new media in allowing people to develop serious relationships</li> <li>• recognise how new media has influenced relationship building both positively and negatively</li> <li>• appreciate the value of face-to-face relationships</li> </ul>	Term 1 & 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1)
The Real Self (Part 2)	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of having healthy self-esteem that is not affected by external influences</li> <li>• demonstrate strategies to identify and evaluate sources that contribute towards healthy self-esteem</li> <li>• recognise the importance of self-esteem in building friendships Identity and healthy relationships</li> </ul>	Term 1 & 2
	5 – Part 2 (30 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Students are to work in groups of 4 or 5.</li> <li>• Each group will 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.</li> <li>• Groups can represent their learning through a blog, a poster presentation, an article for a teenage magazine, a role-play, a letter of response from Aunt Agony, a pamphlet or other preferred modes.</li> <li>• At the end of all the presentations, students are to assess and reflect upon their own learning using a reflection form.</li> </ul>	Term 1 & 2

**SECONDARY 4**  
**Sense and Sexuality (2<sup>nd</sup> Edition)**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Lessons about Love (Part 4a)	6 (60 mins)	<ul style="list-style-type: none"> <li>• explain the process of grief and loss that people experience when a relationship breaks down</li> <li>• exercise sensitivity and empathy when communicating break-ups</li> <li>• recognise that one can emerge stronger after a break-up</li> </ul>	Term 1 & 2
“Familiar” Strangers Alert (Part 2)	7 (60 mins)	<ul style="list-style-type: none"> <li>• know what is considered pornographic material on the Internet under the Internet code of practice</li> <li>• reflect on the legal consequences of sexual behaviour and include these considerations in their decision-making pertaining to pornography</li> </ul>	Term 1 & 2
At the Crossroads (Part 2)	8 (30 mins)	<ul style="list-style-type: none"> <li>• distinguish between biologically-based and socially-conditioned gender characteristics</li> <li>• evaluate views towards self and others, with regard to gender differences and stereotypes</li> </ul>	Term 1 & 2
Lessons about Love (Part 4b)	9 (60 mins)	<ul style="list-style-type: none"> <li>• recognise that commitment is a necessary ingredient for success in a marriage</li> <li>• identify responsibilities involved and the challenges faced in marriages</li> </ul>	Term 1 & 2
NA	10 (60 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• This main task will capture the culmination of learning in Secondary 4 level.</li> <li>• Students are to work on the main task in groups of 4 or 5.</li> <li>• Each group is to take on a topic of interest from the following: rejections and broken relationships, pornography, gender identity or marriage, cohabitation and divorce.</li> <li>• Groups can share their learning for the chosen topic in the form of a debate, a mini-teach, the depiction and discussion of case scenarios, a discussion of consequences that follows after the viewing of a video or a live-chat, or any preferred mode.</li> </ul>	Term 1 & 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
		<ul style="list-style-type: none"><li>• At the end of all the presentations, students are to assess and reflect upon their own learning using a reflection form.</li><li>• Teacher to round up by summarizing key learning outcomes for each topic, emphasizing on the key values and attitudes</li></ul>	

**SECONDARY 5**  
**Sense and Sexuality (2<sup>nd</sup> Edition)**

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Lessons about Love (Part 5)	1 (60 mins)	<ul style="list-style-type: none"> <li>• reflect on the qualities of a healthy romantic relationship</li> <li>• evaluate one's readiness for a romantic relationship, leading to marriage</li> <li>• recognise that intimacy in a relationship need not be limited to physical intimacy</li> <li>• recognise that break ups can allow one to understand oneself better</li> </ul>	Term 1 & 2
NA	2 (60 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Teacher can conduct a dialogue session with the class and engage in a discussion on the following:               <ul style="list-style-type: none"> <li>- My ideal life partner</li> <li>- My future (How do they envision their future to be like – in terms of their career, family etc.)</li> <li>- Potential obstacles (What are the potential incidents that may prevent them from reaching their life goals? – distraction from studies, break ups, teenage pregnancy etc.)</li> <li>- My pillars of support (identify the pillars of support they can have to guide them to the desired future)</li> </ul> </li> <li>• The purpose of this dialogue session is to surface some of the values that students may have with regard to relationships. Where appropriate, teachers could provide relevant feedback to guide students.</li> <li>• Teachers can make use of different methods to check students' understanding, either by asking them to sketch or jot down a few points on a personal whiteboard or post-its.</li> <li>• After the dialogue session, students are to assess and reflect upon their own learning using a reflection form.</li> </ul>	Term 1 & 2