

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 3 / 4
	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 3 / 4
	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 / 4

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	Main Task (30 min)	Description of the Main Task: 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.	Term 3 / 4
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 • identify the right sources of help to turn to when in need 	Term 3 / 4
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 / 4
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 / 4
	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 / 4