

PRIMARY 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 3 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 2 Week 9
	What Can I Do? (Part 1) (30 min)	<ul style="list-style-type: none"> • identify the stresses caused by physical changes during puberty • describe ways to manage the stresses caused by physical changes during puberty 	Term 2 Week 9
	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 ways to manage the stresses caused by these changes during puberty 	Term 2 Week 9
	Main Task (30 min)	<p>Description of the Main Task:</p> <p>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.</p>	Term 2 Week 9
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 	Term 4 Week 9

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, pupils will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
		<ul style="list-style-type: none"> identify the right sources of help to turn to when in need 	
	<p style="text-align: center;">What is My Role? (30 min)</p>	<ul style="list-style-type: none"> know that gender is about being male or female choose not to stereotype by gender 	<p style="text-align: center;">Term 4 Week 9</p>
<p style="text-align: center;">How Do I Keep Myself Safe?</p>	<p style="text-align: center;">What is Safety? (30 min)</p>	<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 	<p style="text-align: center;">Term 4 Week 9</p>
	<p style="text-align: center;">Stop It! Run! Tell! (30 min)</p>	<ul style="list-style-type: none"> protect themselves by resisting and removing themselves from harm and seeking help from a trusted adult know their responsibilities in minimising the risk of sexual harm 	<p style="text-align: center;">Term 4 Week 9</p>