

At St Margaret's Secondary School, the following lessons from the Growing Years Programme will be taught in 2020:

### SECONDARY 1

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
The Real Self (Part 1)	1 (60 mins)	<ul style="list-style-type: none"> <li>• know how one's perception of his body is linked to personal experiences and the sources of information that are taken in</li> <li>• recognise that one's self-perception is influenced by his perception of his body</li> <li>• know strategies to develop healthy/positive perception of one's body.</li> </ul>	Term 2 Week 3
Lessons about Love (Part 1)	2 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of cultivating friendships with members of the same and opposite sex</li> <li>• recognise what constitutes healthy and unhealthy relationships</li> <li>• recognise the influence of peers on oneself and one's value system</li> <li>• distinguish between various types of love</li> <li>• know that the underlying value for healthy relationships is respect</li> </ul>	Term 2 Week 4
	3 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of developing a friendship before committing to a romantic relationship</li> <li>• recognise what dating involves</li> <li>• know the different levels of physical intimacy in a relationship</li> <li>• know that certain public displays of affection are not considered appropriate behaviour in our society</li> <li>• recognise that it is important to seek their family's views, beliefs and expectations with regard to dating and romantic relationships in teenage years</li> </ul>	Term 2 Week 6
"Familiar" Strangers Alert (Part 1)	4 (60 mins)	<ul style="list-style-type: none"> <li>• reflect on the reasons for people to use social networking sites to make friends or to engage their existing friends</li> <li>• know the usefulness and dangers of making friends over social networking platforms</li> <li>• recognise that the media can influence the way people think, feel and behave</li> </ul>	Term 2 Week 7

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>• identify ways to protect themselves from negative influences from the media</li> </ul>	
	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> <li>• know the physiological, psychological and social impact of sexual abuse on the individual</li> <li>• recognise the provision of Singapore laws that serves to protect teenagers from sexual perpetrators and persecute those who have committed such crimes</li> <li>• identify sources to seek help and support</li> </ul>	Term 2 Week 8
	5 – Part 2 Main Task (30 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Students are to work on the main task in groups of 4 or 5</li> <li>• Groups will describe how the media can influence relationships (with self, peers, and the opposite sex)</li> <li>• Groups can choose to present this in the form of a song, short 1-min video, rap, poster or any other preferred mode</li> <li>• To assess learning, teachers may want students to submit a short write up to describe their work or a personal reflection after the main task.</li> </ul>	Term 2 Week 8