

Schedule of Sexuality Education Programme for P5 Students of Chongzheng Primary School in 2023:

FTGP THEME	LESSON TITLE/ DURATION	LESSON OVERVIEW	TIME PERIOD
Growing Years	The Changes in Me/ 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • learn to identify the emotions and stress caused by physical changes during puberty; • learn to describe the healthy ways to manage their negative feelings during this time; and • learn to recognise that one's identity need not be negatively affected, even when one's body is experiencing changes due to puberty. 	<p>Term 2 Week 1 (Monday, 20 Mar 2023) 9.30 am to 10.30 am</p>
	Did You Know? / 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • know what pornography is and how it can affect themselves and others; • learn about the dangers of being exposed to sexually explicit materials and to reject the viewing and/or reading of pornographic materials; and • evaluate their own responses when they encounter pornography by applying the strategy 'Stop-Think-Do'. 	<p>Term 2 Week 2 (Monday, 27 Mar 2023) 9.30 am to 10.30 am</p>
	Keeping Myself Safe / 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • learn about sexual abuse, how it can happen during online and offline interactions and the impact of such abuse on victims; and • learn how to take precautionary measures to be safe and how to seek help for themselves and their friends. 	<p>Term 2 Week 3 (Monday, 3 Apr 2023) 9.30 am to 10.30 am</p>

Schedule of Sexuality Education Programme for P6 Students of Chongzheng Primary School in 2023:

FTGP THEME	LESSON TITLE/ DURATION	LESSON OVERVIEW	TIME PERIOD
Growing Years	Did You Know? / 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • know what pornography is and how it can affect themselves and others; • learn about the dangers of being exposed to sexually explicit materials and to reject the viewing and/or reading of pornographic materials; and • evaluate their own responses when they encounter pornography by applying the strategy 'Stop-Think-Do'. 	Term 1 Week 8 (Monday, 20 Feb 2023) 9.30 am to 10.30 am
	Are We More Than Friends? (Lesson 1) / 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • distinguish between the characteristics of love and infatuation, and identify the strong emotions that may arise from experiencing the feelings of infatuation; • recognise that experiencing feelings of infatuation is part of growing up and becoming infatuated with someone does not mean that they should be involved in a romantic relationship; and • focus on building strong and healthy friendships with their circles of friends. 	Term 1 Week 9 (Monday, 27 Feb 2023) 9.30 am to 10.30 am
	Are We More Than Friends? (Lesson 2) / 1 hour	<p>This lesson focuses on helping students to:</p> <ul style="list-style-type: none"> • learn healthy ways to manage the emotions arising from infatuation; • recognise the importance of respecting the boundaries of any relationship; and • recognise the negative impact of teasing their peers who may be experiencing the feelings of infatuation and learn to behave maturely towards each other. 	Term 1 Week 10 (Monday, 6 Mar 2023) 9.30 am to 10.30 am