



SOCIAL EMOTIONAL LEARNING (SEL)

2024 Secondary One



TOPICS IN TERM 1



Theme: Sense of Self

Unit: Coping with transition

- Personal interests and abilities
 - Short-term and Long-term goal setting
- Coping strategies to manage unfamiliar / challenging situations.
 - 'I am, I can, I have' strategy.
- Taking charge of puberty changes
 - Physical and emotional changes
- A Term, A Value! - Commitment
- Total Defence Day



- Authority figures at home, school and community
 - Knowing who to seek help from, and when
- OK Touches and Not OK Touches
 - Identification of private areas
 - Safety rules - No! Go, Tell
- A Term, A Value! - Resilience
- International Friendship Day
- Values in Action
 - Park clean-up, or
 - Poster creation on environment awareness and wildlife protection

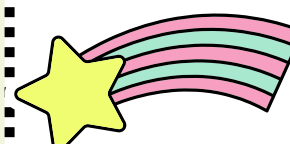


TOPICS IN TERM 2



Theme: Safe Relationships

Unit: Social Norms



OTHER USEFUL INFORMATION



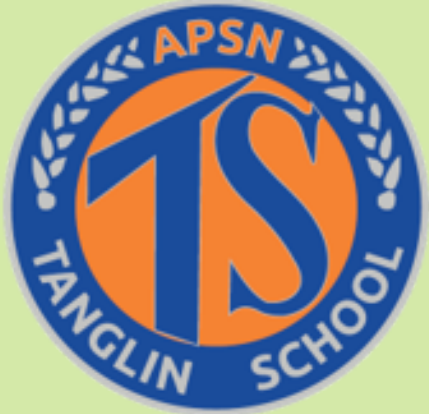
THE NO-GO-TELL STRATEGY

BONDING WITH YOUR TEENAGER

MANAGING YOUR CHILD'S DEVICE USE

References:

- <https://tinyurl.com/27955k9c>
- <https://www.healthhub.sg/live-healthy/bondingwithyourteenager>
- <https://www.schoolbag.edu.sg/story/are-you-struggling-with-your-child-s-excessive-device-use/>



SOCIAL EMOTIONAL LEARNING (SEL)

2024 Secondary Two



TOPICS IN TERM 1

Theme: Sense of Self
Unit: Taking the Lead



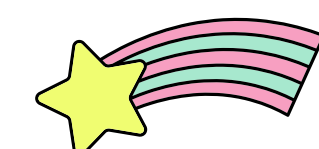
- Self-image and Self-worth
 - Goal setting based on VIPS (values, interests, preferences and skills)
 - Character Strengths
- Ways to show care and kindness
 - Everyone is different yet we share things in common
- Taking charge of emotional changes during puberty
 - Types of relationships
- A Term, A Value! - Commitment
- Total Defence Day



- Essential components of a friendship
 - Different levels of friendship i.e acquaintance, casual friend, close friend, intimate friends;
 - What to share, how to behave
- Safe and Unsafe situations (Online)
 - Assertiveness and Safety rules - No! Go, Tell
 - Seeking help from trusted adults
- A Term, A Value! - Resilience
- International Friendship Day
- Values in Action
 - Park clean-up



TOPICS IN TERM 2



Theme: Safe Relationships
Unit: Exploring relationships



OTHER USEFUL INFORMATION



CHARACTER STRENGTHS



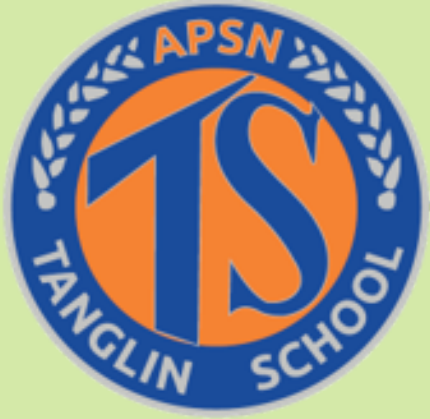
BONDING WITH YOUR TEENAGER



MANAGING YOUR CHILD'S DEVICE USE

References:

- <https://tinyurl.com/yeydavr6>
- <https://www.healthhub.sg/live-healthy/bondingwithyourteenager>
- <https://www.schoolbag.edu.sg/story/are-you-struggling-with-your-child-s-excessive-device-use/>



SOCIAL EMOTIONAL LEARNING (SEL)

2024 Secondary Three



TOPICS IN TERM 1



Theme: Sense of Self
Unit: In control

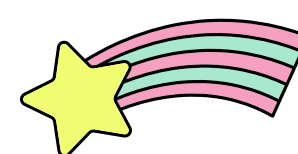
- Healthy Self-Esteem
 - Identify strengths and ways to improve needs
- SMART Goal Setting
 - Based on Values, Interests, Preferences and Strengths (VIPS)
- Puberty and Reproductive System
 - Sexual abstinence
 - Self-care and respect for one's body
- A Term, A Value! - Commitment
- Total Defence Day



- Coping positively
 - Examine links between feelings-actions or thoughts-feelings-actions
 - Manage uncomfortable emotions with PEACE
- Social support circle / Close relationships
 - Identify positive and negative peer influences
- Sexual abuse
 - Protect oneself from dangerous situations
- A Term, A Value! - Resilience
- International Friendship Day
- Values in Action
 - Craft & Games with seniors from Lions Befrienders, or
 - Food Distribution with Ar-Rabitah Mosque



TOPICS IN TERM 2



Theme: Safe Relationships
Unit: Establish Close Relationships

OTHER USEFUL INFORMATION



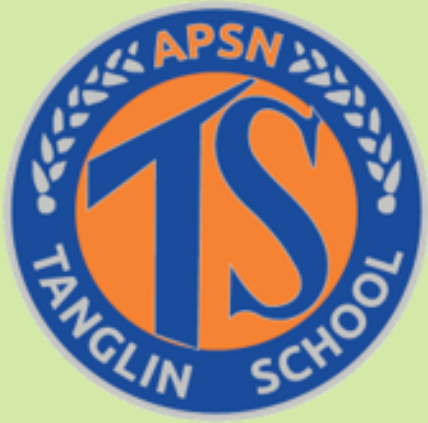
MANAGING UNCOMFORTABLE EMOTIONS WITH PEACE

BONDING WITH YOUR TEENAGER

MANAGING YOUR CHILD'S DEVICE USE

References:

- <https://tinyurl.com/4ecrvz6p>
- <https://www.healthhub.sg/live-healthy/bondingwithyourteenager>
- <https://www.schoolbag.edu.sg/story/are-you-struggling-with-your-child-s-excessive-device-use/>



SOCIAL EMOTIONAL LEARNING (SEL)

2024 Secondary Four



TOPICS IN TERM 1



Theme: Sense of Self

Unit: Balance with Confidence

- SMART Goal Setting
 - Demonstrate self-confidence e.g. using “I can” statements, volunteer to help in areas one is good in
- Identify situations that cause distress
 - Ways to self-regulate e.g. deep breathing, exercise, 3R (recall, reason, replace negative thought)
- Reproductive System and Pregnancy
 - Sexual abstinence
- A Term, A Value! - Commitment
- Total Defence Day



- Ways to maintain positive relationships
 - Through participation in group activities
 - Offer help and support appropriately using CHEER model
- Sexual abuse
 - Protect oneself from dangerous situations, including online
- A Term, A Value! - Resilience
- International Friendship Day
- Values in Action
 - Horticulture with Lucky Garden, or
 - Food Distribution with Ar-Rabitah Mosque, or
 - Housekeeping at Delta Sports Hall



TOPICS IN TERM 2



Theme: Safe Relationships
Unit: Maintain Close Relationships

OTHER USEFUL INFORMATION



CHEER MODEL



BONDING WITH YOUR TEENAGER



MANAGING YOUR CHILD'S DEVICE USE

References:

- <https://tinyurl.com/r5vyxa9z>
- <https://www.healthhub.sg/live-healthy/bondingwithyourteenager>
- <https://www.schoolbag.edu.sg/story/are-you-struggling-with-your-child-s-excessive-device-use/>