

## SINGAPORE SPORTS SCHOOL

### MOE SEXUALITY EDUCATION IN SCHOOLS

1. Sexuality Education (SEd) in schools is about enabling students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships including those with members of the opposite sex, and make wise, informed and responsible decisions on sexuality matters. SEd is premised on the importance of the family as the basic unit of society. This means encouraging healthy, heterosexual marriages and stable nuclear family units with extended family support. The teaching and learning of SEd is based on respect for the values and beliefs of the different ethnic and religious communities in Singapore on sexuality issues.

2. The goals of Sexuality Education are to:

- (i) To help students make wise, responsible and informed decisions through the provision of accurate, current and age-appropriate knowledge on human sexuality and the consequences of sexual activity;
- (ii) To help students know themselves and build healthy and rewarding relationships through the acquisition of social and emotional skills of self-awareness, management of their thoughts, feelings and behaviours, development of empathy for others, possession of effective communication, problem-solving and decision-making skills; and
- (iii) To help students develop a moral compass, respect for themselves and for others as sexual beings, premised on the family as the basic unit of society, through the inculcation of positive mainstream values and attitudes about sexuality.

3. The key messages of Sexuality Education are:

- (i) Love and respect yourself as you love and respect others;
- (ii) Build positive relationships based on love and respect (which are the foundation for strong families);
- (iii) Make responsible decisions for yourself, your family and society; and
- (iv) Abstinence before marriage is the best protection against STIs/HIV and unintended pregnancies. Casual sex can harm and hurt you and your loved ones.

You may click [here](#) for more information on MOE Sexuality Education.

## **OVERVIEW OF SINGAPORE SPORTS SCHOOL'S SEXUALITY EDUCATION PROGRAMME FOR 2022**

4. Sexuality Education is delivered in a holistic manner through the school curriculum. The content for Sexuality Education is grouped into five main themes: Human Development, Interpersonal Relationships, Sexual Health, Sexual Behaviour, and, Culture, Society and Law. You may click [here](#) for more information on the scope of Sexuality Education in the school curriculum.

### **Sexuality Education:**

5. The focus for Sexuality Education at Pre-University is on respectful relationships. Specifically, the JC/CI package covers Interpersonal Relationships, with themes of Human Development, Sexual Health, Sexual Behaviour, and Culture, Society and Law woven into the main focus on relationships.

At SINGAPORE SPORTS SCHOOL, the following Sexuality Education lessons will be taught in 2022:

**JUNIOR COLLEGE / CENTRALISED INSTITUTE 1**  
Theme 3B from Module: Developing Healthy Relationships

LESSONS	DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 8)
1	(60 mins)	<ul style="list-style-type: none"> <li>• navigate challenges in a dating relationship</li> <li>• identify early indications of a breakdown in a relationship</li> <li>• know when to seek help and who to turn to for support</li> <li>• appreciate that one can emerge stronger and be better prepared for future relationships</li> <li>• develop a deeper understanding of what dating and family violence entails and be reminded of the importance of respect for others</li> </ul>	Term 3 Week 2
2	(60 mins)	<ul style="list-style-type: none"> <li>• examine issues related to abstinence</li> <li>• explore the tension between being free to make personal choices regardless of consequences, and being responsible for the consequences of their choices</li> <li>• understand that, in the face of conflicting voices and perspectives, they need to focus on integrity, and choose to act in accordance with sound values and moral principles</li> <li>• understand that in so doing, one makes responsible decisions for oneself and others, and accepts the consequences of doing so</li> </ul>	Term 3 Week 2
3	(60 ins)	<ul style="list-style-type: none"> <li>• examine issues related to abortion and the impact of sexually transmitted infections (STIs)</li> <li>• understand that one has to make responsible decisions for both self and others</li> <li>• understand that sexual abstinence is the only way to remove any risks that come with casual sex</li> <li>• know how to support friends or others who may be pregnant or have STIs</li> </ul>	Term 3 Week 4

**JUNIOR COLLEGE / CENTRALISED INSTITUTE 2**  
 “Love Matters (2<sup>nd</sup> Edition)” Teaching & Learning resource package

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 4)
Lessons about Love (Part 7)	4 (60 mins)	<ul style="list-style-type: none"> <li>• identify signs of an unhealthy dating relationship and the early indications of a breakdown of relationship</li> <li>• appreciate that one can emerge stronger despite having gone through a breakup</li> <li>• explore beliefs about marriage</li> <li>• know the possible psychological impact on children experiencing parental separation or divorce</li> <li>• recognise the importance of having family support for a relationship</li> <li>• aspire to develop similar enduring character traits and qualities that one would consider in a life partner</li> <li>• appreciate that marriage is a lifetime commitment and that there will be challenges in marriage as in any other relationships</li> </ul>	Term 2 Week 10
	5 (60 mins)	<ul style="list-style-type: none"> <li>• recognise that personal decisions on how one displays own affections in public can affect others</li> <li>• discern the impact of new media on relationship building</li> </ul>	Term 2 Week 10
NA	6 (60 mins)	This will be a culminating formative assessment task for students to consolidate what they have learnt from the previous lessons.	TBC

**eTeens Programme:**

6. *eTeens* is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education, to provide JC/CI Year 1 students with accurate information on STI/HIV and protection from a health perspective so as to enable them to make wise, informed, and sensible decisions.

7. Students learn the health, social and financial implications of STIs/HIV on an individual and the family if he/she gets infected with STIs/HIV and the importance of responsible decision-making and knowing where to seek help. Abstinence and upholding family values are the key messages. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions

**At SINGAPORE SPORTS SCHOOL, the *eTeens* programme will be implemented as follows in 2022:**

Topics/Lessons	Programme Learning Objectives	Time Period (e.g. Term 3 Week 2)
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> <li>• Awareness of the different STI and HIV</li> <li>• Modes of transmission for STI and HIV</li> <li>• Modes of protection against infection, specifically abstinence and the correct use of condom</li> <li>• Consequences and impact of STI/HIV</li> <li>• State the ways of managing the impact</li> </ul>	24/5/2022

**INFORMATION FOR PARENTS**

8. Parents may opt their children out of Sexuality Education and/or supplementary sexuality education programmes by MOE-approved external providers.

9. Parents who wish to opt their children out of the Sexuality Education lessons need to complete an opt-out form. This form will be distributed to parents at the start of the year and is also downloadable [here](#). The completed form is to be submitted by 10/02/2022.

10. Parents who wish to opt their children out of the ***eTeens* programme** need to complete an opt-out form. This form will be distributed to parents at the start of the year and is also downloadable [here](#). The completed form is to be submitted by 10/02/2022.

11. Parents can contact Mrs Lu Hwee Hua, HOD Student Development ([limhh@sportsschool.edu.sg](mailto:limhh@sportsschool.edu.sg)) for discussion or to seek clarification about the school's sexuality education programme.
12. Parents, who wish to attend the school sexuality education lessons, should contact the school to make the necessary arrangements.

