

# 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:

- (a) 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;
- (b) 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
- (c) 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:

- (a) Love and respect yourself as you love and respect others;
- (b) Build positive relationships based on love and respect (which are the foundation for strong families);
- (c) Make responsible decisions for yourself, your family and society; and
- (d) 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 SEXUALITY EDUCATION PROGRAMME FOR 2023**

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 2023:



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## 2023 SEXUALITY EDUCATION LESSONS IN CCE 2021

# IBDP YEAR 1

MODULE / THEME	LESSON TITLE / DURATION	Lesson Overview	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 8)
Developing Healthy Relationships/ Theme 3B 'Sexual Health and Behaviour'	What Are Your #relationshipgoals?  (60 mins)	<p>What are unhealthy relationships and who can I turn to if I need help? How does one manage aggression, both physical and emotional, in relationships?</p> <p>In this lesson, students will learn to navigate challenges in a dating relationship. This includes identifying unhealthy relationships, when to seek help, who to turn to for support and to appreciate that one can emerge stronger and be better prepared for future relationships. Students will have a deeper understanding of what dating and family violence entails and be reminded of the importance of respect for others.</p>	<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 1 Week 8

	<p>If Not Now When (Part 1)</p> <p>(60 mins)</p>	<p><i>Are values such as abstinence of sexual activity before marriage still valid in the world today? Why? Is abstinence a reasonable choice?</i></p> <p>In this lesson, students examine issues related to abstinence and explore the balance between being free to make personal choices and being responsible for the consequences of their choices. They will 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. In so doing, they learn to make responsible decisions for self and others, and think through the consequences of doing so.</p>	<ul style="list-style-type: none"> <li>• examine issues related to abstinence</li> <li>• explore the balance between being free to make personal choices 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 thinks through the consequences of doing so</li> </ul>	<p>Term 2 Week 4</p>
	<p>If Not Now When (Part 2)</p> <p>(60 mins)</p>	<p>Is one's personal choice more important than considering the impact and consequences of one's choice on others?</p> <p>In this lesson, students examine issues related to abortion and the impact of sexually transmitted infections (STIs); understand that one has to make responsible decisions for both self and others, and consider sexual abstinence before marriage to remove any risks that come with casual sex. The lesson will also focus on being a source of support for others who may be pregnant or have STIs.</p>	<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 risks that come with casual sex</li> <li>• know how to support friends or others who may be pregnant or have STIs</li> </ul>	<p>Term 2 Week 6</p>



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## 2023 SEXUALITY EDUCATION LESSONS IN CCE 2021

# IBDP YEAR 2

MODULE / THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 8)
Developing Healthy Relationships/ Theme 3C 'Society, Culture and the Law'.	Why is Voyeurism Wrong?  (60 mins)	Is voyeurism wrong? Why?  Students will examine the relationship between rights and responsibilities by exploring societal expectations, the laws that protect teenagers from sexual crimes, and the legal consequences of inappropriate sexual behaviour. They will examine what makes voyeurism wrong, learn the importance of the law as signposts for desired behaviours and conduct in society, and the importance of one's moral compass in responsible decision-making and choosing to do what is right.	<ul style="list-style-type: none"> <li>• examine the relationship between rights and responsibilities by exploring societal expectations, the laws and the legal consequences of inappropriate sexual behaviour</li> <li>• examine what makes voyeurism wrong</li> <li>• learn the importance of the law as signposts for desired behaviours and conduct in society</li> <li>• learn the importance of one's moral compass in responsible decision-making and choosing to do what is right</li> </ul>	Term 2 Week 10

MODULE / THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 8)
	<p>Overcoming Stereotypes</p> <p>(60 mins)</p>	<p>How does the media portray gender and relationships? How do societal influences affect our understanding of gender stereotypes?</p> <p>This lesson will help students recognise that some segments of society may inaccurately reflect the efforts needed to maintain healthy relationships, leading to skewed assumptions of sexual messages and connotations within relationships. Students will understand how societal influences can skew one's understanding of gender stereotypes (e.g. boys should not cry, and are to suppress emotional sensitivity so as not to seem weak; girls are physically weak and unathletic, and downplay achievements so as to fit in).</p>	<ul style="list-style-type: none"> <li>• recognise that some segments of society may inaccurately reflect the efforts needed to maintain healthy relationships</li> <li>• understand how societal influences can skew one's understanding of gender stereotypes</li> <li>• learn how gender stereotypes (e.g. boys should not cry, and are to suppress emotional sensitivity so as not to seem weak; girls are physically weak and unathletic, and downplay achievements so as to fit in) can affect interactions and relationships in ways that are harmful to themselves and others</li> </ul>	<p>Term 2 Week 10</p>

**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 2023:**

<b>Topics/Lessons</b>	<b>Programme Learning Objectives</b>	<b>Time Period (e.g. Term 3 Week 2)</b>
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 of STIs</li></ul>	Term 2 Week 8

## 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. The completed form is to be submitted by 31/01/2023.
10. Parents who wish to opt their children out of the **eTeens programme (IBDP Year 1 students only)** need to complete an opt-out form. The completed form is to be submitted by 31/01/2023.
11. Parents can contact the school at [enquire@sportsschool.edu.sg](mailto:enquire@sportsschool.edu.sg) for discussion or to seek clarification about the school's Sexuality Education programme.



