

[Parent Opt-out Form – This section is applicable only for parents who wish to opt their child out of the MOE Sexuality Education programme for 2026]

MOE SEXUALITY EDUCATION IN SCHOOLS PARENT OPT-OUT FORM

To: Mr Ong Kim Soon, Singapore Sports School

Dear Principal

1. I would like to withdraw my child, _____, of
(full name of child)
_____, from the Sexuality Education programme for 2026.
(class of child)
2. My reason(s) for my decision to opt my child out of the programme:
 - ☐ Religious reasons
 - ☐ My child is too young.
 - ☐ I would like to personally educate my child on sexuality matters.
 - ☐ I do not think it is important for my child to attend Sexuality Education.
 - ☐ I have previously taught my child the topics in the Sexuality Education lessons for this year.
 - ☐ I am not comfortable with the topics covered in the Sexuality Education lessons for this year.
 - ☐ Others: _____

Thank you.

Parent's Name & Signature: _____

Parent's Email address: _____

Parent's Contact No. (mobile) _____

Child's Full Name: _____

Child's Class: _____

Date: _____

**Communicable Diseases Agency
eTeens for Junior Colleges and Centralised Institutes (JCs/MI)**

Dear Parent/Guardian,

The Communicable Diseases Agency (CDA), in collaboration with the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate all Junior Colleges/Millennia Institute (JCs/MI) Year 1/IP Year 5 students about preventing STI (Sexually Transmitted Infections)/HIV (Human Immunodeficiency Virus). The programme which was previously managed by the Health Promotion Board (HPB), provides information on transmission and prevention of STIs/HIV and helps guide students to make good life choices to avoid risky sexual behaviors.

2. The following topics are taught:

- a) Sexually transmitted infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use), consequences and impact
- b) Skills for respecting boundaries, (e.g. decision-making, assertiveness, negotiation to say 'no' to peer pressure)
- c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking

3. The programme includes a presentation on a scenario involving teenagers, responsible decision-making to respect the boundaries of self and others and interview segments.

4. Additional information is available on the MOE website <https://go.gov.sg/moe-sexuality-education>

5. If you do not wish your child/ward to attend this programme, please complete the opt-out form on page 2 of this document and return it to the school. For further clarifications about this programme, please email us at Eileen_Chee@cda.gov.sg.

Yours
Sincerely,



Robin Lee (Mr)
Deputy Director
Training and Education Division, CDA

**Communicable Diseases Agency
eTeens for Junior Colleges and Millennia Institute (JCs/MI)
eTeens Opt-out**

Please complete this section if you DO NOT wish your child/ward to attend the *eTeens* Programme and return it to the school.

I, (name) _____, do not wish my son/daughter/ward*, (name) _____ of class _____, to attend the *eTeens* STIs/HIV Prevention Programme conducted by the Communicable Diseases Agency.

My reason(s) for opting out:

- ☐ My child is too young
- ☐ I would like to personally educate my child
- ☐ I am not comfortable with the topics/content to be covered
- ☐ Religious reasons
- ☐ I have previously taught my child the topics/content to be covered
- ☐ I do not think it is necessary for my child to attend
- ☐ Others (please state): _____

Signature of Parent/Guardian

Date