



SINGAPORE SPORTS SCHOOL

Learned Champions With Character

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:

- (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 Sexuality Education Programme For 2019

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.

5. The subjects that incorporate topics on sexuality include:
- a) Science
 - b) Character and Citizenship Education (CCE)

Growing Years Programme

- (i) "The Teenage Years (2nd Edition)" (Lower Secondary) Teaching and Learning resource package
- (ii) "Sense and Sexuality (2nd Edition)" (Upper Secondary) Teaching and Learning resource package

6. The values and attitudes of our youth towards sexuality are increasingly shaped by their peers, exposure to the media, popular culture and the internet. Adolescence is a complex stage in life as the adolescent attempts to find his/her own identity and often struggles with new social relationships. The period of middle adolescence (generally from 15 to 17 years old) can be a turbulent period for adolescents. The gap between physical and emotional/cognitive maturity may result in a tendency to act on impulse, experiment with various activities (including sexual activities), sometimes without understanding the unpleasant consequences that may arise from such experimentation. The need for peer acceptance can be overwhelmingly strong, and hinder one's ability to act responsibly. Given the pressures faced by the middle adolescent from within themselves and from peers, it is important to build a strong sense of self-worth, personal conviction and an understanding of the possible consequences of sexual behaviour.

7. Through "The Teenage Years" and "Sense and Sexuality" packages, secondary student-athletes will have the opportunity to develop a positive self-esteem, develop their character, and expand their understanding and repertoire of skills to deal with various issues related to sexuality, which are of prime concern at this age.

Growing Years Programme

At Singapore Sports School, the following lessons from the Growing Years Programme will be taught in 2019:

SECONDARY 1

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
The Real Self (Part 1)	1 (60 mins)	<ul style="list-style-type: none"> • know how one's perception of his body is linked to personal experiences and the sources of information that are taken in • recognise that one's self-perception is influenced by his perception of his body • know strategies to develop healthy/positive perception of one's body. 	Term 5 Week 1
Lessons about Love (Part 1)	3 (60 mins)	<ul style="list-style-type: none"> • recognise the importance of developing a friendship before committing to a romantic relationship • recognise what dating involves • know the different levels of physical intimacy in a relationship • know that certain public displays of affection are not considered appropriate behaviour in our society • recognise that it is important to seek their family's views, beliefs and expectations with regard to dating and romantic relationships in teenage years 	Term 5 Week 1

SECONDARY 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Lessons about Love (Part 2)	7 (60 mins) and 8 – Part 1 (30 mins)	<ul style="list-style-type: none"> • recognise the sources of temptation and situations that lead to pre-marital sex • resist pressure to engage in sexual activities • know the consequences of engaging in pre-marital sex • recognise that respect and responsible decision making are important in relationships • recognise the value of sexual abstinence • identify sources to seek help and support when faced with teenage pregnancy 	Term 5 Week 3
At the Crossroads (Part 1)	9 (60 mins)	<ul style="list-style-type: none"> • describe what pornography is, and why people view pornographic materials • examine the effects of pornography on self and others • know what masturbation is, and its relation to pornography • recognise the harmful consequences of excessive masturbation • recognise that they are able to make responsible decisions to manage their sexual desires • know appropriate sources to obtain accurate information about sex 	Term 5 Week 4

SECONDARY 3

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Lessons about Love (Part 3)	2 (60 mins)	<ul style="list-style-type: none"> • recognise differences in perspectives of dating and romantic relationships • evaluate one's readiness for romantic relationships • recognise challenges that occur in the context of a relationship • examine how our response to emotions can affect relationships positively or negatively 	Term 1 Week 8
	3 (60 mins)	<ul style="list-style-type: none"> • recognise the different levels of physical intimacy in a relationship • know the progressive nature of actions that lead to sexual arousal and intercourse • recognise that one may unintentionally invite sexual intimacy through one's verbal and non-verbal behaviour 	Term 1 Week 8

SECONDARY 4

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 2)
Lessons about Love (Part 4a)	6 (60 mins)	<ul style="list-style-type: none"> • explain the process of grief and loss that people experience when a relationship breaks down • exercise sensitivity and empathy when communicating break- ups • recognise that one can emerge stronger after a break-up 	Term 1 Week 6
Lessons about Love (Part 4b)	3 (60 mins)	<ul style="list-style-type: none"> • recognise that commitment is a necessary ingredient for success in a marriage • identify responsibilities involved and the challenges faced in marriages 	Term 1 Week 7

***eTeens* Programme**

8. *eTeens* is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education, for Secondary 3 students to provide them with accurate information on STIs, HIV and protection from a health perspective. *eTeens* is conducted in two segments – a mass talk segment and a classroom-based programme.

9. Students are taught skills such as decision-making, assertiveness and negotiation to say “no” to sex and negative peer pressure. They also learn that the impact of STIs/HIV extends beyond themselves and involves their family. 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 2019:

TOPICS/LESSONS	PROGRAMME LEARNING OBJECTIVES	TIME PERIOD (e.g. Term 1 Week 2)
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> • Awareness of the different STIs and HIV/AIDS • Modes of transmission • Modes of protection, specifically on how the condom is used • Consequences and impact of STIs/HIV 	Term 1 Week 9
Classroom-based Lesson: Decision-Making	<ul style="list-style-type: none"> • Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making 	Term 1 Week 9

Information For Parents

10. Parents may opt their children out of *Growing Years*, *eTeens* and/or supplementary sexuality education programmes by MOE-approved external providers.

11. Parents who wish to opt their children out of the **Growing Years (GY) 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**](#). A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 31 January 2019.

12. 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**](#). A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 31 January 2019.

13. Parents can contact Ms Chua Sok Koon at 6766 0534 or chuask@sportsschool.edu.sg for discussion or to seek clarification about Singapore Sports School’s Sexuality Education programme.

14. Parents, who wish to attend Singapore Sports School’s Sexuality Education programmes should contact Sports School to make necessary arrangements.