

## **MOE'S SEXUALITY EDUCATION IN SCHOOLS**

### **SINGAPORE CHINESE GIRLS' SCHOOL**

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1. Sexuality education (SEd) aims to help our young understand the physiological, social and emotional changes they experience as they mature, develop healthy relationships with the opposite sex and to teach them how to make responsible choices. It is premised on the importance of the heterosexual married family as the basic unit of society, and respect for the values and beliefs of the different ethnic and religious communities on sexuality issues.

2. The goals of SEd are to:

- i. provide accurate and adequate knowledge on human sexuality and the consequences of sexual activity so that pupils are able to make informed decisions;
- ii. impart intra- and inter-personal skills of problem-solving, decision-making and effective communication so that pupils are able to build responsible and rewarding relationships; and
- iii. inculcate positive values and attitudes of sexuality so that pupils develop a respect for themselves and others as sexual beings, in line with the national value of the family as the basic unit of society.

3. The key messages of SEd are:

- i. Build healthy futures for yourself, family and society.
- ii. Healthy relationships based on love and respect are the foundation for strong families.
- iii. Casual sex can lead to unwanted pregnancies, STIs/HIV and AIDS which can harm and hurt your loved ones.

You may [click here](http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/) (<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/>) for more information on MOE Sexuality Education.

## OVERVIEW OF SINGAPORE CHINESE GIRLS' SCHOOL'S SED PROGRAMME FOR 2011

4. Sexuality education in schools is taught in both the formal curriculum and co-curricular programmes. These are covered under four main themes: Human Development, Interpersonal Relationships, Sexual Health and Behaviour, and, Societal Influences.

### Formal Curriculum

5. The curricular subjects in which topics on sexuality are incorporated include:

- i. [Science](http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/science-curriculum.pdf) (<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/science-curriculum.pdf>)
- ii. [Civics and Moral Education](http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/cme-curriculum.pdf) (<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/scope/files/cme-curriculum.pdf>)

### Co-Curricular Programmes

[Growing Years \(GY\) Series](http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/files/growing-years.pdf): (<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/files/growing-years.pdf>)

- i. "The Teenage Years" (Lower Sec) package
- ii. "Sense & Sexuality" (Upper Sec) package

6. The values and attitudes of our youth towards sexuality are increasingly being 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 – 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 convictions and an understanding of the possible consequences of sexual behaviour.

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

**At Singapore Chinese Girls' School, the following lessons from the Growing Years series will be covered in 2011:**

<b>Target Levels</b>	<b>Topics/Lessons</b>	<b>What pupils will learn:</b>	<b>Time Period</b>
Sec 1	Growing Years: Teen Talk [VCD]	<ul style="list-style-type: none"> <li>Understand that the underlying value for healthy relationships is respect.</li> <li>Explore the importance of choosing the right peers as friends.</li> <li>Understand why one should avoid going steady at a young age.</li> </ul>	Term 3, C11 (27 June – 1 July)
	Growing Years: Class discussion on Teen Talk & pupils to do reflections on “Dating & Pre-Marital Sex”	<ul style="list-style-type: none"> <li>What is dating?</li> <li>Why would you want to start dating?</li> <li>Should you even consider going steady?</li> <li>Can dating become unsafe?</li> <li>What could you do to ensure your safety during a date?</li> <li>How to handle peer pressure on a date?</li> </ul>	Term 3, C12 (11 – 15 July)
Sec 2	Building Healthy Relationships: “Love & Infatuation; Dating & Going Steady”	<ul style="list-style-type: none"> <li>Difference between Love and Infatuation.</li> <li>Differences in emotional perspectives in Boys and Girls. While developing feelings for the opposite sex is natural, it needs to be managed.</li> </ul>	Term 3, C14 (15 - 19 Aug)
	Building Healthy Relationships: Teenage Pregnancy-Choices & Consequences [Resources: LS GY Pkge, Lesson 13 & 14, pg 105-109]	<ul style="list-style-type: none"> <li>Watch VCD: “Wait &amp; See”</li> <li>How to examine options in the decision-making process involving a teenage pregnancy.</li> <li>Understand that every option is not a private decision, but has consequences for both parties and their families.</li> <li>Understand that premarital sex has harmful consequences including unwanted pregnancy.</li> <li>Examine the physiological, psychological and social impact of adolescent</li> </ul>	Term 3, C14 (15 – 19 Aug)

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
		<p>pregnancy.</p> <ul style="list-style-type: none"> <li>Understand that premarital sex is not a private matter between two teenagers and that it has consequences for both parties and their families.</li> </ul>	
Sec 3	Building Healthy Relationships: Breaking Down Barriers: “Decision-Making” [Resources: HPB “Guide for Secondary School Teachers 2009]	<ul style="list-style-type: none"> <li>Consequences in any decision they make regarding sexual intercourse</li> <li>Decision-making is a process that can be learnt</li> <li>It is important to have correct and accurate information to make the right decisions regarding one’s sexual health</li> <li>How to make decisions that will reduce the risk to their sexual health.</li> </ul>	Term 3, C13 (25 July)
	Building Healthy Relationships: Breaking Down Barriers: “Assertiveness” [Resources: HPB “Guide for Secondary School Teachers 2009]	<ul style="list-style-type: none"> <li>What is assertive behaviour?</li> <li>How can one respond to persuasion assertively.</li> </ul>	
	Building Healthy Relationships: Talk by Health Promotion Board on “Breaking Down Barriers Programme” [Resources: HPB “Guide for Secondary School Teachers 2009]	<ul style="list-style-type: none"> <li>3 aspects of consequences on Pre-Marital Sex: Emotional / Social / Physical.</li> <li>The Importance of Safe Sex, Contraceptive Methods, Risks of Unplanned Pregnancy &amp; Abstinence.</li> </ul>	Term 3, C13 (4 Aug)
	Building Healthy Relationships: Breaking Down Barriers: “Negotiation” [Resources: HPB “Guide for Secondary School Teachers 2009]	<ul style="list-style-type: none"> <li>How to negotiate one’s way out of a negative situation by applying skills learnt in previous lesson.</li> <li>Assessing situations to aid the control of impulses in sexual behaviour.</li> <li>Revision of risk reduction for STIs/HIV (learnt earlier</li> </ul>	Term 3, C14 (11 Aug)

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
		in mass lecture).	
Sec 4	<p>Building Healthy Relationships: Saying No/Yes to Sex &amp; Is Sex touch &amp; go?            [Resources: GY Pkge, p103-117]            &amp; Must break ups lead to break downs?            [Resources: GY Pkge, p134-140 ]</p>	<ul style="list-style-type: none"> <li>• Reflect on the short- and long-term effects of sexual intimacy on each of the 5 dimensions of a person – intellectually, emotionally, socially, physically and morally.</li> <li>• Recognise the progressive nature of actions/behaviours that lead to sexual arousal and intercourse.</li> <li>• Recognise that involvement in teenage sexual activity can prevent them from reaching their future goals.</li> <li>• Set personal boundaries for their sexual behaviour.</li> <li>• Explain the process of grief and loss that people experience when a relationship breaks down.</li> <li>• Recognise that they can actually emerge a stronger person after a break up.</li> <li>• Identify healthy ways of dealing with break ups.</li> </ul>	Term 2, C8 (28 April)
	<p>Building Healthy Relationships:            Talk by Fei Yue            Community Services on “Consequences of Pre-Marital Sex &amp; HIV/AIDS”</p>	<ul style="list-style-type: none"> <li>• Difference between HIV and AIDS</li> <li>• How HIV is contracted.</li> <li>• How promiscuity can lead to the spread of HIV.</li> <li>• The harmful consequences of contracting Sexually Transmitted Diseases (STD).</li> <li>• Unwanted pregnancies and risks of abortions.</li> <li>• The importance of abstinence and developing healthy relationships with the opposite gender.</li> </ul>	Term 2, C9 (9 May)
	<p>Building Healthy Relationships:            “BGR &amp; Marriage”            Resources: GY Pkge, p147-155 ]</p>	<ul style="list-style-type: none"> <li>• Identify the values and characteristics they would like in their marriage partner.</li> <li>• Recognise the dangers and pitfalls in a marital relationship.</li> </ul>	Term 2, C9 (12 May)

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
		<ul style="list-style-type: none"> <li>Recognise that commitment is a necessary ingredient for success in marriage.</li> </ul>	
	Cyberchat [Sexuality Education]	<ul style="list-style-type: none"> <li>Identify and recognise the dangers and types of internet chat rooms such as Cyberchat, and Cyber Bullying.</li> <li>Understand the definition of “Bullycide” and identify ways to protect oneself.</li> <li>Recognise the need to be a responsible and smart internet user.</li> </ul>	Term 2, C10 (23 May)

### Breaking Down Barriers (BDB) Programme

#### 8. [Breaking Down Barriers](http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/files/breaking-down-barriers.pdf)

(<http://www.moe.gov.sg/education/programmes/social-emotional-learning/sexuality-education/files/breaking-down-barriers.pdf>) is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education for Secondary 3 students. The programme was introduced to secondary schools in 2007 to give students accurate information on STIs, HIV and contraception from a health perspective. BDB is conducted in two segments—a mass talk segment and a class-based programme. For more details, please refer to (7) on the Sec 3 lessons.

9. Pupils 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 STI/HIV extends beyond themselves and involves their family. Abstinence and upholding family values are the key messages.

### INFORMATION FOR PARENTS

10. Parents can opt their children out of the school’s entire sexuality education programme or for individual topics, talks or workshops.

11. Parents who wish to opt their children out of the whole or part of the **Growing Years (GY) Series** 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 \(Annex A\)](#). A hardcopy of the form, duly completed and signed, is to be submitted to the school office by **25<sup>th</sup> March 2011**.

12. Parents who wish to opt their children out of the **Breaking Down Barriers (BDB) 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 \(Annex B\)](#). A

hardcopy of the form, duly completed and signed, is to be submitted to the school office by **25<sup>th</sup> March 2011**.

13. Parents can attend the sexuality education programmes by external providers with their children if they wish to. Parents should contact the school to make the necessary arrangements.

14. Parents can contact the school at Miss Julie Wee (FTSC) at [wee\\_bee\\_geok\\_julie@moe.edu.sg](mailto:wee_bee_geok_julie@moe.edu.sg) or 6252 7966 ext 756 for discussion or seek clarifications about the school's sexuality education programme.

## Talks and Workshops Conducted by External Providers

<b>Name of External Provider:</b> Health Promotion Board
<b>Programme Title:</b> "Breaking Down Barriers Programme"  <b>Synopsis</b>  The talk deals with the three aspects of consequences of Pre-Marital Sex, namely the emotional, social and physical aspects. Through the session, awareness is created of the risks of engaging in pre-marital sex and the need for responsible decision making is made evident. Pupils are alerted of the risks of using contraceptives and of the unplanned pregnancies that may arise. It is made clear that abstinence is ultimately the most responsible choice to make.
<b>Learning Objectives:</b> <ul style="list-style-type: none"><li>• Pupils will be aware of the consequences of pre-marital sex and the need for responsible decision making.</li><li>• Pupils will learn ways to ensure healthy relationships with members of the opposite gender.</li></ul>
<b>Date of Programme:</b> 1 <sup>st</sup> Aug 2011 [Monday], [Term 3, C13, D6]
<b>Target Level(s):</b> All Sec 3 pupils
<b>Format of Programme</b>  This is a 40-minute level talk with a slide presentation and a question-and-answer session.
<b>Resources for Parents (if applicable):</b> Nil
<b>Opt-out Form for Parents:</b> Parents who wish to opt-out from the above talk need to complete an opt-out form. This form will be distributed to parents before the talk. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 25 <sup>th</sup> July 2011.

## Talks and Workshops Conducted by External Providers

<b>Name of External Provider:</b> Fei Yue Community Services
<b>Programme Title:</b> "Consequences of Pre-Marital Sex & HIV/AIDS"  <b>Synopsis</b>  Through the talk, pupils will be made aware of the increasing trends in abortion rates and teenage pregnancies. The emotional, social, psychological and physical effects of engaging in Pre-Marital Sex are highlighted. In addition, pupils are alerted of the consequences of promiscuity and Pre-Marital Sex – namely the risk of contracting Sexually Transmitted Diseases and HIV / AIDS and the issue of unwanted pregnancies and the risks of abortions. The difference between HIV and AIDS is made clear and pupils will recognise that abstinence is the safest choice to make.
<b>Learning Objectives:</b> <ul style="list-style-type: none"><li>• Pupils will be aware of the increasing trends in teenage pregnancies and abortion rates.</li><li>• Pupils will recognise the emotional, social, physical and psychological effects of Pre-Marital Sex on an individual and recognise the need to make responsible choices.</li><li>• Pupils will be aware of the consequences of Pre-Marital Sex and that abstinence is the safest choice to make.</li></ul>
<b>Date of Programme:</b> 9 <sup>th</sup> May 2011 [Monday], [Term 2, C9, D6]
<b>Target Level(s):</b> All Sec 4 pupils
<b>Format of Programme</b>  This is a 40-minute level talk with a slide presentation and a question-and-answer session.
<b>Resources for Parents (if applicable):</b> Nil
<b>Opt-out Form for Parents:</b> Parents who wish to opt-out from the above talk need to complete an opt-out form. This form will be distributed to parents before the talk. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 3 <sup>rd</sup> May 2011.