



Ref. no: BV25-034

27 Jan 2025

Dear Parents/ Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS

1. Sexuality Education (SEd) in schools aims to enable students to understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships with others, 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:
 - (a) Support students in managing their physiological, social and emotional changes as they grow up and develop safe and healthy relationships.
 - (b) Guide students to make wise, informed and responsible decisions on sexuality matters.
 - (c) Help students develop a moral compass and respect for themselves and others by having positive mainstream values and attitudes about sexuality that are premised on the family as the basic unit of society.

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.

4. Please visit the school's Sexuality Education webpage [here](#) for more information on Bedok View Secondary School's Sexuality Education Programme for 2025.

Thank you.

Yours faithfully,



Ms Cheng Hwee Yeang
Principal

**Health Promotion Board
eTeens for Secondary Schools (Secondary Three)**

Dear Parent/Guardian,

1. The Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate Secondary 3 students about preventing STI (Sexually Transmitted Infections)/ HIV (Human Immunodeficiency Virus). The programme provides information on the 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 decision-making, assertiveness, negotiation to say 'no' to peer pressure
 - c) Managing relationships and risky situations in a healthy way
3. The programme includes a mass talk and a classroom-based lesson:
 - a) The mass talk includes a presentation on different scenarios involving teenagers and responsible decision-making to respect the boundaries of self and others.
 - b) The classroom-based lesson by an MOE Sexuality Education trained (SEd) teacher reinforces skills of responsible decision-making, negotiation and assertiveness, based on the values which students have been brought up with, in the family and the community. The training for teachers who conduct the classroom-based lesson is provided by MOE.
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. For further clarifications about this programme, please email us at Eileen_Chee@hpb.gov.sg and Shaheerah_Kamas@hpb.gov.sg

Yours Sincerely,



Robin Lee (Mr)
Deputy Director
Communicable Diseases
Preventive Health Programmes and Rewards Division, HPB