

RIVER VALLEY HIGH 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](https://go.gov.sg/moe-sexuality-education) (<https://go.gov.sg/moe-sexuality-education>) for more information on MOE Sexuality Education.

OVERVIEW OF RIVER VALLEY HIGH SCHOOL'S 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](https://go.gov.sg/moe-sexuality-education-scope) (<https://go.gov.sg/moe-sexuality-education-scope>) 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 River Valley High School, the following Sexuality Education lessons will be taught in 2023:

JUNIOR COLLEGE / CENTRALISED INSTITUTE 1
Theme 3B from Module: Developing Healthy Relationships

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"> • navigate challenges in a dating relationship • identify early indications of a breakdown in a relationship • know when to seek help and who to turn to for support • appreciate that one can emerge stronger and be better prepared for future relationships • develop a deeper understanding of what dating and family violence entails and be reminded of the importance of respect for others 	Term 3 Week 5
	If Not Now When (Part 1) (60 mins)	<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,</p>	<ul style="list-style-type: none"> • examine issues related to abstinence • explore the balance between being free to make personal choices and being responsible for the consequences of their choices • 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 	Term 3 Week 6

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)
		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.	<ul style="list-style-type: none"> understand that in so doing, one makes responsible decisions for oneself and others, and thinks through the consequences of doing so 	
	If Not Now When (Part 2) (60 mins)	<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"> 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 understand that sexual abstinence is the only way to remove risks that come with casual sex know how to support friends or others who may be pregnant or have STIs 	Term 3 Week 8

JUNIOR COLLEGE / CENTRALISED INSTITUTE 2
Theme 3C from Module: Developing Healthy Relationships

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"> • examine the relationship between rights and responsibilities by exploring societal expectations, the laws and the legal consequences of inappropriate sexual behaviour • examine what makes voyeurism wrong • learn the importance of the law as signposts for desired behaviours and conduct in society • learn the importance of one's moral compass in responsible decision-making and choosing to do what is right 	Term 2 Week 1
	Overcoming Stereotypes (60 mins)	How does the media portray gender and relationships? How do societal influences affect our understanding of gender stereotypes? 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	<ul style="list-style-type: none"> • recognise that some segments of society may inaccurately reflect the efforts needed to maintain healthy relationships • understand how societal influences can skew one's understanding of gender stereotypes • 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, 	Term 2 Week 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)
		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).	and downplay achievements so as to fit in) can affect interactions and relationships in ways that are harmful to themselves and others	
NA	SEd Panel Session (60 mins)	This will be a culminating formative assessment task for students to consolidate what they have learnt from the previous lessons.		Term 2 Week 4

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 River Valley High School, the *eTeens* programme will be implemented as follows in 2023:

Topics/Lessons	Programme Learning Objectives	Time Period (e.g. Term 3 Week 2)
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> • Awareness of the different STI and HIV • Modes of transmission for STI and HIV • Modes of protection against infection, specifically abstinence and the correct use of condom • Consequences and impact of STI/HIV • State the ways of managing the impact of STIs 	Term 4 Week 1

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. This form will be distributed to parents at the start of the year, either through Parents Gateway and FormSG or hard copy ([Annex A](#)). The completed form is to be submitted by **24/02/2023 Friday**.

10. 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, either through Parents Gateway and FormSG or hard copy ([Annex B](#)). The completed form is to be submitted by **24/02/2023 Friday**.
11. Parents can contact the school at 65678115 or rvhs@moe.edu.sg for discussion or to seek clarification about the school's sexuality education programme.
12. Parents, who wish to attend the school sexuality education lessons, should contact the school to make the necessary arrangements.

6 Boon Lay Avenue
Singapore 649961
Republic of Singapore



Tel: (65) 65678115
Fax: (65) 65677351
Email: rvhs@moe.edu.sg

19/01/2023

Dear Parents/ Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS

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 - (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.
4. Please visit the school's Sexuality Education webpage (<https://rivervalleyhigh.moe.edu.sg/information/moe-sexuality-education-in-schools-jc>) for more information on River Valley High School's Sexuality Education Programme for 2023.
5. Thank you.

Yours faithfully,



Mdm Choy Wai Yin
Signature of Principal



[Parents' Acknowledgement] – *This is to be signed by parents of all students.*

Dear Mdm Choy Wai Yin

SEXUALITY EDUCATION FOR YEAR 2023

I acknowledge receipt of letter from the school dated on 19/01/2023 regarding the school's sexuality education programme that will be taught in 2023. I have read and understood the information provided on the content coverage and delivery of the programme.

Parent's Name & Signature

Date

Parent of: _____ ()
(Child's Name)

Class

Annex A

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

Date: _____

Parent's Name: _____

Parent of (Child's name): _____

Mdm Choy Wai Yin

River Valley High School

Dear Principal

SEXUALITY EDUCATION PROGRAMME FOR YEAR 2023

1. I would like to withdraw my child, _____, of
(full name of child)

_____, from the Sexuality Education programme for 2023.
(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: _____

3. Thank you. _____

Parent's Name & Signature

Contact No. (mobile)

Email address (optional)



**Empowered Teens
(eTeens)
STI (Sexually Transmitted Infection) /HIV (Human Immunodeficiency Virus)
Prevention Programme**

Dear Sir/ Madam

1. HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), will be conducting a programme titled Empowered Teens (*eTeens*) to educate JC/CI students about preventing STIs/HIV. The programme provides accurate information to help students make good life choices by raising awareness about how STIs/HIV are prevented to discourage risky sexual behaviours.

2. The following topics are taught:

- a) Infectious diseases (STIs and HIV);
- b) Modes of transmission for STIs and HIV;
- c) Modes of protection against infection, specifically abstinence and the correct and consistent use of condoms;
- d) Consequences and impact STIs/HIV;
- e) Ways of managing the impact of STIs

3. The programme is delivered through a 1-hour talk. A video and presentation are used to convey key learning points. The programme depicts the health, social and financial implications of STIs/HIV on an individual and the family if he/she gets infected with STIs/HIV and emphasises the importance of responsible decision-making and knowing where to seek help. Presenters are engaged by the Health Promotion Board (HPB) and follow a guide approved by MOE.

3. Additional information is available on the MOE website¹.

4. If you do not wish your child/ward to attend this programme, please opt out. For further clarifications about this programme, please email us at hpb_yhp@hpb.gov.sg.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Ann Low'.

Ann Low (Ms)
Covering Director, Preventive Health Programmes Division
Health Promotion Board

¹ <https://www.moe.gov.sg/programmes/sexuality-education/scope-and-teaching-approach>

eTeens Opt-out Form

Please complete this section if you DO NOT wish your child 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 Health Promotion Board.

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