

# BUKIT PANJANG GOVERNMENT 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:
  - (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 formed from a healthy, heterosexual marriage 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 BUKIT PANJANG GOVERNMENT HIGH SCHOOL'S 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. Civics and Moral Education / Character and Citizenship Education

### **Growing Years (GY) Programme:**

- i. "The Teenage Years" (Lower Sec) Teaching & Learning resource package
  - ii. "Sense & Sexuality" (Upper Sec) Teaching & 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 – 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 & Sexuality" packages, secondary students 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.

### **This is only for Sec 3 students.**

#### **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.

### **AIMS OF *eTEENS***

10. The Empowered Teens (*eTeens*) programme aims to provide students with accurate information to help them make good decisions in their life choices. It raises awareness and knowledge about the following:
  - a) awareness of the different sexually transmitted infections (STIs) and HIV/AIDS;
  - b) modes of transmission for STIs and HIV/AIDS;
  - c) modes of protection against infection, specifically abstinence and the correct use of condoms;
  - d) skills for decision-making, assertiveness, negotiation to say “no” to peer pressure to have pre-marital sex; and
  - e) consequences and impact of STIs/HIV.

### **FORMAT OF PROGRAMME**

11. The *eTeens* programme comprises two components: a mass talk segment and a classroom-based programme:
  - a) The mass talk segment is conducted by a facilitator engaged by the Health Promotion Board (HPB) from an approved panel. The presentation follows an approved facilitation guide.
  - b) The duration of the mass talk is about 45 minutes. It includes a multi-media presentation, video screening as well as facilitation of key learning points.
  - c) The classroom-based programme for Secondary schools comprises 1 lesson which teach decision-making, negotiation and assertiveness skills. The suggested time for the lesson is about 50 minutes.
  - d) Training for teachers to conduct the classroom-based programme is provided for by MOE and HPB.

At Bukit Panjang Government High 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"> <li>• know how one's perception of his body is linked to personal experiences and the sources of information that are taken in</li> <li>• recognise that one's self-perception is influenced by his perception of his body</li> <li>• know strategies to develop healthy/positive perception of one's body.</li> </ul>	Term 3 Week 1
Lessons about Love (Part 1)	2 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of cultivating friendships with members of the same and opposite sex</li> <li>• recognise what constitutes healthy and unhealthy relationships</li> <li>• recognise the influence of peers on oneself and one's value system</li> <li>• distinguish between various types of love</li> <li>• know that the underlying value for healthy relationships is respect</li> </ul>	Term 3 Week 2
	3 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of developing a friendship before committing to a romantic relationship</li> <li>• recognise what dating involves</li> <li>• know the different levels of physical intimacy in a relationship</li> <li>• know that certain public displays of affection are not considered appropriate behaviour in our society</li> <li>• recognise that it is important to seek their family's views, beliefs and expectations with regard to dating and romantic relationships in teenage years</li> </ul>	Term 3 Week 6

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
"Familiar" Strangers Alert (Part 1)	4 (60 mins)	<ul style="list-style-type: none"> <li>• reflect on the reasons for people to use social networking sites to make friends or to engage their existing friends</li> <li>• know the usefulness and dangers of making friends over social networking platforms</li> <li>• recognise that the media can influence the way people think, feel and behave</li> <li>• identify ways to protect themselves from negative influences from the media</li> </ul>	Term 3 Week 7
	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> <li>• know the physiological, psychological and social impact of sexual abuse on the individual</li> <li>• recognise the provision of Singapore laws that serves to protect teenagers from sexual perpetrators and persecute those who have committed such crimes</li> <li>• identify sources to seek help and support</li> </ul>	Term 3 Week 8
	5 – Part 2 Main Task  (30 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Students are to work on the main task in groups of 4 or 5</li> <li>• Groups will describe how the media can influence relationships (with self, peers, and the opposite sex)</li> <li>• Groups can choose to present this in the form of a song, short 1-min video, rap, poster or any other preferred mode</li> <li>• To assess learning, teachers may want students to submit a short write up to describe their work or a personal reflection after the main task.</li> </ul>	Term 3 Week 8

At Bukit Panjang Government High School, the following lessons from the Growing Years Programme will be taught in 2019:

## SECONDARY 2

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
Lessons about Love (Part 2)	6 (60 mins)	<ul style="list-style-type: none"> <li>• identify why relationships break down</li> <li>• identify the emotions that accompany the breakdown of a relationship</li> <li>• know healthy ways of coping with rejections and breakups</li> <li>• recognise the need to be respectful and responsible in ending a relationship</li> <li>• know ways to seek support when going through a breakdown of relationship and offer support for those going through the same</li> </ul>	Term 3 Week 1
	7 (60 mins) & 8 – Part 1 (30 mins)	<ul style="list-style-type: none"> <li>• recognise the sources of temptation and situations that lead to pre-marital sex</li> <li>• resist pressure to engage in sexual activities</li> <li>• know the consequences of engaging in pre-marital sex</li> <li>• recognise that respect and responsible decision making are important in relationships</li> <li>• recognise the value of sexual abstinence</li> <li>• identify sources to seek help and support when faced with teenage pregnancy</li> </ul>	Term 3 Week 2 Term 3 Week 6
	8 – Part 2 Main Task (30 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• In groups, students will choose 1 out of 3 given scenarios.</li> <li>• Through the chosen scenario, students will share               <ul style="list-style-type: none"> <li>○ the consequences of pre-marital sex</li> <li>○ the value of abstinence before marriage</li> <li>○ skills to say 'no' to temptations or pressure to have sex</li> </ul> </li> <li>• Depending on the scenario chosen, groups can present the above through a short skit / presentation, song lyrics/ poem, or a comic strip / poster, or other preferred modes.</li> <li>• At the end of all the presentations, students are to assess and</li> </ul>	Term 3 Week 6

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
		reflect upon their own learning using a reflection form.	
At the Crossroads (Part 1)	9 (60 mins)	<ul style="list-style-type: none"> <li>• describe what pornography is, and why people view pornographic materials</li> <li>• examine the effects of pornography on self and others</li> <li>• know what masturbation is, and its relation to pornography</li> <li>• recognise the harmful consequences of excessive masturbation</li> <li>• recognise that they are able to make responsible decisions to manage their sexual desires</li> <li>• know appropriate sources to obtain accurate information about sex</li> </ul>	Term 3 Week 7
	10 (60 mins)	<ul style="list-style-type: none"> <li>• know/define what gender role is</li> <li>• know the influence of family, culture and society on one's perception of his/her gender role</li> <li>• appreciate/ affirm one's own unique qualities and characteristics as a male or female.</li> <li>• know/define what sexual orientation (heterosexuality and homosexuality) is</li> <li>• recognise the need to treat people with respect regardless of their sexual orientation</li> </ul>	Term 3 Week 9

At Bukit Panjang Government High School, the following lessons from the Growing Years Programme will be taught in 2019:

### SECONDARY 3

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
Lessons about Love (Part 3)	1 (60 mins)	<ul style="list-style-type: none"> <li>• recognise what constitutes responsible dating</li> <li>• evaluate if a dating relationship is healthy or unhealthy</li> <li>• demonstrate competencies in managing emotions in dating and romantic relationships</li> </ul>	Term 3 Week 1
	2 (60 mins)	<ul style="list-style-type: none"> <li>• recognise differences in perspectives of dating and romantic relationships</li> <li>• evaluate one's readiness for romantic relationships</li> <li>• recognise challenges that occur in the context of a relationship</li> <li>• examine how our response to emotions can affect relationships positively or negatively</li> </ul>	Term 3 Week 6
	3 (60 mins)	<ul style="list-style-type: none"> <li>• recognise the different levels of physical intimacy in a relationship</li> <li>• know the progressive nature of actions that lead to sexual arousal and intercourse</li> <li>• recognise that one may unintentionally invite sexual intimacy through one's verbal and non-verbal behaviour</li> </ul>	Term 3 Week 7
	4 (60 mins)	<ul style="list-style-type: none"> <li>• evaluate the norms of acceptability for public display of affection</li> <li>• recognise how new media has shaped public perception of acceptability of public display of affection</li> <li>• identify the strengths and limitations of new media in allowing people to develop serious relationships</li> <li>• recognise how new media has influenced relationship building both positively and negatively</li> <li>• appreciate the value of face-to-face relationships</li> </ul>	Term 3 Week 10



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 2)	5 – Part 1 (30 mins)	<ul style="list-style-type: none"> <li>• recognise the importance of having healthy self-esteem that is not affected by external influences</li> <li>• demonstrate strategies to identify and evaluate sources that contribute towards healthy self-esteem</li> <li>• recognise the importance of self-esteem in building friendships Identity and healthy relationships</li> </ul>	Term 4 Week 3
	5 – Part 2 (30 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Students are to work in groups of 4 or 5.</li> <li>• Each group will present the positive and negative messages about self-image received from a chosen source (peers, teachers, families or the media) and share tips on managing the negative messages.</li> <li>• Groups can represent their learning through a blog, a poster presentation, an article for a teenage magazine, a role-play, a letter of response from Aunt Agony, a pamphlet or other preferred modes.</li> <li>• At the end of all the presentations, students are to assess and reflect upon their own learning using a reflection form.</li> </ul>	Term 4 Week 3
<b>eTeens Programme</b>			
Mass Talk by HPB appointed vendor		<ul style="list-style-type: none"> <li>• Awareness of the different STIs and HIV/AIDS</li> <li>• Modes of transmission</li> <li>• Modes of protection, specifically on how the condom is used</li> <li>• Consequences and impact of STIs/HIV</li> </ul>	Term 3 Week 9
Classroom-based Lesson: Decision-Making		<ul style="list-style-type: none"> <li>• Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making</li> </ul>	Term 4 Week 9

At Bukit Panjang Government High School, the following lessons from the Growing Years Programme will be taught in 2019:

### SECONDARY 4

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
Lessons about Love (Part 4a)	6 (60 mins)	<ul style="list-style-type: none"> <li>explain the process of grief and loss that people experience when a relationship breaks down</li> <li>exercise sensitivity and empathy when communicating break-ups</li> <li>recognise that one can emerge stronger after a break-up</li> </ul>	Term 3 Week 1
“Familiar” Strangers Alert (Part 2)	7 (60 mins)	<ul style="list-style-type: none"> <li>know what is considered pornographic material on the Internet under the Internet code of practice</li> <li>reflect on the legal consequences of sexual behaviour and include these considerations in their decision-making pertaining to pornography</li> </ul>	Term 3 Week 2
At the Crossroads (Part 2)	8 (30 mins)	<ul style="list-style-type: none"> <li>distinguish between biologically-based and socially-conditioned gender characteristics</li> <li>evaluate views towards self and others, with regard to gender differences and stereotypes</li> </ul>	Term 3 Week 6
Lessons about Love (Part 4b)	9 (60 mins)	<ul style="list-style-type: none"> <li>recognise that commitment is a necessary ingredient for success in a marriage</li> <li>identify responsibilities involved and the challenges faced in marriages</li> </ul>	Term 3 Week 7
NA	10 (60 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>This main task will capture the culmination of learning in Secondary 4 level.</li> <li>Students are to work on the main task in groups of 4 or 5.</li> <li>Each group is to take on a topic of interest from the following: rejections and broken relationships, pornography, gender identity or marriage, cohabitation and divorce.</li> <li>Groups can share their learning for the chosen topic in the form of a debate, a mini-teach, the depiction and discussion of case scenarios, a discussion of consequences that follows after the</li> </ul>	Term 3 Week 8

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
		viewing of a video or a live-chat, or any preferred mode. <ul style="list-style-type: none"> <li>• At the end of all the presentations, students are to assess and reflect upon their own learning using a reflection form.</li> <li>• Teacher to round up by summarizing key learning outcomes for each topic, emphasizing on the key values and attitudes</li> </ul>	

At Bukit Panjang Government High School, the following lessons from the Growing Years Programme will be taught in 2019:

### SECONDARY 5

UNIT	LESSONS / DURATION	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 3 Week 2)
Lessons about Love (Part 5)	1 (60 mins)	<ul style="list-style-type: none"> <li>• reflect on the qualities of a healthy romantic relationship</li> <li>• evaluate one's readiness for a romantic relationship, leading to marriage</li> <li>• recognise that intimacy in a relationship need not be limited to physical intimacy</li> <li>• recognise that break ups can allow one to understand oneself better</li> </ul>	Term 3 Week 1
NA	2 (60 mins)	<p>Description of the Main Task:</p> <ul style="list-style-type: none"> <li>• Teacher can conduct a dialogue session with the class and engage in a discussion on the following:               <ul style="list-style-type: none"> <li>- My ideal life partner</li> <li>- My future (How do they envision their future to be like – in terms of their career, family etc.)</li> <li>- Potential obstacles (What are the potential incidents that may prevent them from reaching their life goals? – distraction from studies, break ups, teenage pregnancy etc.)</li> <li>- My pillars of support (identify the pillars of support they can have to guide them to the desired future)</li> </ul> </li> <li>• The purpose of this dialogue session is to surface some of the values that students may have with regard to relationships. Where appropriate, teachers could provide relevant feedback to guide students.</li> <li>• Teachers can make use of different methods to check students' understanding, either by asking them to sketch or jot down a few points on a personal whiteboard or post-its.</li> <li>• After the dialogue session, students are to assess and reflect upon their own learning using a reflection form.</li> </ul>	Term 3 Week 2

## INFORMATION FOR PARENTS

12. We strongly encourage all students to complete the modules we offer. If you wish to opt your child/ward out of the programme, please complete the attached Opt---Out Forms: Annex A for Opt-out of the **Growing Years Programme** for all students and, Annex B for Opt-Out of the **eTeens Programme** for Sec 3 students only. Please submit the opt-out form(s) to the Form Teacher through your child/ward by Friday, 18 January 2019.
  
13. For enquires on our school's SEd Programme, please contact Mdm Ong Seok Jean, HOD/CCE, at [ong\\_seok\\_jean@moe.edu.sg](mailto:ong_seok_jean@moe.edu.sg). We look forward to your child/ward's participation in our SEd programme.



**武吉班让政府中学**  
**BUKIT PANJANG GOVT HIGH SCHOOL**

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent of (Child's name): \_\_\_\_\_

Mr Chua Lek Hong  
Bukit Panjang Government High School

Dear Principal

**THE GROWING YEARS PROGRAMME FOR YEAR 2019**

***Acknowledgement of Letter – For all parents.***

I acknowledge receipt of letter from the school regarding the school's sexuality education, *Growing Years* programme that will be taught in 2019. I have read the information provided on the content coverage and delivery of the programme.

\_\_\_\_\_  
*Parent's Acknowledgement: Name & Signature*

---

***Parent Opt-out Form –***

***Applicable only if parents wish to opt their child out of the Growing Years programme***

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

\_\_\_\_\_ from the *Growing Years* programme for 2019.  
(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 lessons.
- I have previously taught my child the topics in the GY Programme for this year.
- I am not comfortable with the topics covered in the GY Programme for this year.
- Others: \_\_\_\_\_

3. Thank you.

\_\_\_\_\_  
*Parent's Name & Signature*

\_\_\_\_\_  
*Contact No. (mobile)*

\_\_\_\_\_  
*Email address (optional)*

Dear Sir/ Madam



***eTeens***  
**STI (Sexually Transmitted Infections) /**  
**HIV (Human Immunodeficiency Virus)**  
**Prevention Programme in Schools**

The Health Promotion Board (HPB) has been conducting an STI/HIV Prevention Programme in schools since 1993. The programme aims to raise awareness on STI/HIV, inform students about ways to prevent infection and discourage risky sexual behaviours.

2. In view of the increasing number of STIs reported among youth aged 10-19 years<sup>1</sup>, HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), developed an STI/HIV programme titled *eTeens*<sup>2</sup> for students in secondary schools and JC/CIs.

3. *eTeens* comprises an assembly talk and classroom-based learning. It covers information on the transmission modes of STI, the signs, symptoms and consequences of contracting STI/HIV, effective methods of preventing infection including abstinence from pre-marital sex, being faithful to one partner in the context of marriage as well as condom use. It also teaches life-skills such as decision-making, assertiveness and negotiation skills. *eTeens* is conducted in schools by trained personnel from HPB and teachers. A factsheet on the programme, which is available on the MOE website<sup>3</sup>, is enclosed.

4. If you do not wish your son/daughter/ward to attend this programme, please complete the form on the next page and return it to the school. For any clarification regarding this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Thank you.

A handwritten signature in black ink, appearing to be 'Lee Yee', written over a horizontal line.

Yours sincerely

Mrs Cheong-Lim Lee Yee  
Deputy Director  
Educational Institution Outreach Department  
Youth Health Division  
Health Promotion Board

---

<sup>1</sup> Reported cases of STIs among youth aged 10-19 years increased from 238 cases in 2002 to a peak of 820 cases in 2007.

<sup>2</sup> Previously known as Breaking Down Barriers (BDB).

<sup>3</sup> [www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education](http://www.moe.edu.sg/education/programmes/social-emotional-learning/sexuality-education)

**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) \_\_\_\_\_, (NRIC) \_\_\_\_\_, do not wish my son/daughter/ward\*, (name) \_\_\_\_\_ of class \_\_\_\_\_, to attend the eTeens STI/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