

## INFORMATION ON MOE SEXUALITY EDUCATION IN SERANGOON JUNIOR COLLEGE 2017

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### 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:

- (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 visit <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education> for more information on MOE Sexuality Education.

You may visit <http://www.srjc.moe.edu.sg/> for more information on Serangoon Junior College Sexuality Education Programme 2017.

## Overview of Serangoon Junior College Sexuality Education Programme 2017

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 visit <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education/scope-and-teaching-approach-of-sexuality-education-in-schools> for more information on the scope of Sexuality Education in the school curriculum.

**Growing Years (GY) Programme:** “Love Matters (2<sup>nd</sup> Edition)” Teaching & Learning resource package

5. The focus for “Love Matters” is on issues in 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 Serangoon Junior College, the following lessons from the Growing Years Programme will be taught in 2017:

	TOPICS/LESSONS	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD
JC 1	Expressing love and building relationships	<ul style="list-style-type: none"> <li>• discuss love and appreciate the different ways to express it</li> <li>• analyse qualities that may attract one person to another, other than physical appearances</li> <li>• evaluate how one’s decisions, behaviours and relationships can be affected by one’s self perception</li> <li>• know that love is a commitment and it is not the same as having feelings of attraction</li> <li>• appreciate the importance of balanced roles, self-respect and mutual respect in the healthy development of relationships</li> </ul>	Term 2 Week 2
	Managing media and external influences on relationships	<ul style="list-style-type: none"> <li>• analyse the impact of one’s self-perception on one’s decision and behavior</li> <li>• recognize that personal decisions on how one displays one’s affections in public can affect others</li> <li>• recognize that some messages in the media have sexual connotations and reflect ideals and stereotypes</li> <li>• evaluate messages that promote casual sexual activity among adolescents</li> <li>• recognise that the media has a tendency to inaccurately portray the efforts that people need to put in to nurture and maintain relationship</li> <li>• discern the impact of new media on relationship building</li> <li>• understand the importance of maintaining a positive reputation through respectful and responsible online and real world interactions</li> </ul>	Term 2 Week 4
	Managing conflict	<ul style="list-style-type: none"> <li>• recognise that differences in values, goals, and expectations may become challenges and /or lead to conflicts in the relationship</li> <li>• know the different styles of conflict management and acquire effective techniques of conflict management in a romantic relationship</li> <li>• Identify dominant style of conflict management</li> </ul>	Term 3 Week 4

## JUNIOR COLLEGE 2

	TOPICS/LESSONS	LESSON OBJECTIVES At the end of the lesson, students will be able to:	TIME PERIOD (e.g. Term 1 Week 4)
JC 2	Stable relationships and families	<ul style="list-style-type: none"> <li>• identify signs of an unhealthy dating relationship and the early indications of a breakdown of relationship</li> <li>• appreciate that one can emerge stronger despite having gone through a breakup</li> <li>• explore beliefs about marriage</li> <li>• know the possible psychological impact on children experiencing parental separation or divorce</li> <li>• recognise the importance of having family support for a relationship</li> </ul>	Term 1 Week 4
		<ul style="list-style-type: none"> <li>• aspire to develop similar enduring character traits and qualities that one would consider in a life partner</li> <li>• appreciate that marriage is a lifetime commitment and that there will be challenges in marriage as in any other relationships</li> </ul>	Term 1 Week 6

**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 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. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions.

**At Serangoon Junior College, the *eTeens* programme will be implemented as follows in 2017:**

Topics/Lessons	Programme Learning Objectives
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> <li>• Awareness of the different STI and HIV</li> <li>• Modes of transmission for STI and HIV</li> <li>• Modes of protection against infection, specifically abstinence and the correct use of condom</li> <li>• Consequences and impact of STI/HIV</li> <li>• State the ways of managing the challenges of the impact</li> </ul>

**INFORMATION FOR PARENTS**

8. Parents may opt their children out of Growing Years and/or *eTeens* programme.

9. Parents who wish to opt their children out of the **Growing Years Programme** need to complete an opt-out form. This form is also found in **Annex A** and a hardcopy of the form can be collected from the College General Office. A hardcopy of the form, duly completed and signed, is to be submitted to the College General Office by **10 March 2017 (JC1)**.

10. Parents who wish to opt their children out of the ***eTeens* programme** need to complete an opt-out form. This form is downloadable [here](#) and a hardcopy of the form can be collected from the College General Office. A hardcopy of the form, duly completed and signed, is to be submitted to the College General Office by **10 March 2017 (JC1)**.

11. Parents can contact the school at **62850779** or email to **srjc@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 programmes, should contact the school to make the necessary arrangements.