



HOME / USEFUL INFORMATION / STUDENT DEVELOPMENT / SEXUALITY EDUCATION

Sexuality Education

Sexuality Education



MOE Sexuality Education in Schools

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.

The **Goals** of Sexuality Education are to:

- Support students in managing their physiological, social and emotional changes as they grow up and develop safe and healthy relationships.
- Guide students to make wise, informed and responsible decisions on sexuality matters.
- 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.


The **Key Messages** of Sexuality Education are:

- Love and respect yourself as you love and respect others;
- Build positive relationships based on love and respect (which are the foundation for strong families);
- Make responsible decisions for yourself, your family and society; and
- 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 Bendemeer Secondary School's Sexuality Education Programme for 2025

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.

The subjects that incorporate topics on sexuality include:

- Science
- Character and Citizenship Education (CCE)




Sexuality Education Lessons

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 or 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.

Through the Sexuality Education lessons, 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.

At Bendemeer Secondary School, the following Sexuality Education lessons will be taught in 2025 (Please click to view the lessons in detail):

-  [Secondary 1](#)
-  [Secondary 2](#)
-  [Secondary 3](#)

-  [Secondary 4](#)

School ▼

Academic ▼

Student
Development ▲

Sexuality
Education

Counselling and
Helplines

SEN and
Helplines

MOE FAS
Application

EdTech ▼

National Digital ▼

eTeens Programme

eTeens is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education, to provide Secondary 3 students 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. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions.

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, and the importance of responsible decision-making and seeking help. Abstinence and upholding family values are the key messages.


[Literacy Prog](#)
[Useful Links](#)



At Bendemeer Secondary School, the eTeens programme will be implemented as follows in 2025:

Topics/Lessons	Programme Learning Objectives	Time Period (e.g. Term 3 Week 9)
Mass Talk delivered through a pre-recorded video	<ul style="list-style-type: none"> Raise awareness and provide knowledge on: <ol style="list-style-type: none"> 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). Managing relationships and risky situations in a healthy way. 	Term 2 Week 1
Classroom-based Lesson	<ul style="list-style-type: none"> Learn to negotiate their way out of a risky situation by applying skills of assertiveness and responsible decision-making 	Term 2 Week 3

Information for Parents

Parents may opt their children out of the Sexuality Education lessons, *eTeens* and/or supplementary sexuality education programmes by MOE-approved external providers.

Parents who wish to opt their children out of the **Sexuality Education lessons** need to complete an opt-out form. This form will be communicated to parents at the start of the year and is also downloadable  [here](#). The completed form is to be submitted by 03/02/2025.

Parents who wish to opt their children out of the **eTeens programme** need to complete an opt-out form. This form will be communicated to parents at the start of the year and is also downloadable  [here](#). The completed form is to be submitted by **03/02/2025**.

Parents can contact the school at 62927616 for discussion or to seek clarification about the school's Sexuality Education programme.

[← PREVIOUS](#)[Conduct of Assessment](#)[NEXT →](#)[Counselling and Helplines](#)

Bendemeer Secondary School

Our School	Our Community	BDMS Experience	School Admission	Useful Information
Our Heritage	Our Principal's Message	Academic Programme	Direct School Admission 2025	School
Our Identity				
Our School Song	Our School Management	CCA	Sec 1 Admission (2026)	Academic

Our Bendemeerian
Code

Committee

Our Staff

Our School
Advisory

Committee (SAC)

Our Alumni
(Whampoa &
Bendemeer)

Our Parent Support
Group (PSG)

Applied Learning
Programme

Learning for Life
Programme

CCE

Student
Leadership

Let's BDMS and
CLAPS

Student
Development

EdTech

National Digital
Literacy Prog

Useful Links

[Contact Us](#) [Feedback ↗](#) [Report Vulnerability](#) [Privacy Statement](#)



[Terms of Use](#)

[Our School](#)


[Our Community](#)

[BDMS Experience](#)

[School Admission](#)

[Useful Information](#)

[Contact Us](#)

[Feedback](#) 

[Report Vulnerability](#)

[Privacy Statement](#)

[Terms of Use](#)



Created with



Built by

© 2025 Bendemeer Secondary School, Last Updated 19 Dec 2025

© 2025 Bendemeer Secondary School,

Last Updated 19 Dec 2025