



# Catholic Junior College

2023/COMM/005

Date: 16/01/2023

Dear Parent/Guardian,

## 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 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.
4. The **JC1 CJC Sexuality Education Programme** consists of 2 parts:
  - 4.1. **Part A** consists of **two lessons on Building Positive Relationships**:
    - i) Love & Dating 1 – Understanding Qualities of a Healthy Relationship
    - ii) Love & Dating 2 – Managing Relationships Online

Please visit CJC's Sexuality Education webpage

(<https://cjc.moe.edu.sg/education/character-n-citizenship/sexuality-education>) for more information on the CJC Sexuality Education Programme for 2023.

4.2. **Part B** consists of the **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;
- b) modes of transmission for STIs and HIV;
- c) modes of protection against infection, specifically abstinence and the correct use of condom;
- d) consequences and impact of STIs/HIV;
- e) ways of managing the impact of STIs



4.3. **FORMAT: eTeens** (JC/CI) consists of a 1 hour assembly 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 HPB and follow a presentation guide approved by MOE. Please refer to Annex A for more information.

5. The *CJC Sexuality Education* Programme and the *eTeens* programme is conducted for all JC1 students.
6. If you would like to withdraw your child out of selected lessons in the *CJC Sexuality Education* Programme and/or the *eTeens* programme, please complete the opt-out form found [here](#).
7. Thank you.

Yours faithfully,

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Mrs Phyllis Lim  
Principal



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

Dear Sir/ Madam

1. Health Promotion Board (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 information on 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) 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 HPB and follow a presentation guide approved by MOE.

4. Additional information is available on the MOE website<sup>1</sup>.

5. If you do not wish your child/ward to attend this programme, please complete the opt-out form found [here](#). For further clarifications about this programme, please email us at [hpb\\_yhp@hpb.gov.sg](mailto:hpb_yhp@hpb.gov.sg).

Yours sincerely

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

<sup>1</sup> <https://go.gov.sg/moe-sexuality-education>