



Dear Parents/ Guardians

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.

2. The **Goals** of Sexuality Education are:

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

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.

4. Please visit the school's Sexuality Education webpage (<https://www.kentridgesec.moe.edu.sg/school-information/moe-sexuality-education-in-schools/>) for more information on **Kent Ridge Secondary School's Sexuality Education Programme for 2025**.

Thank you,

Yours faithfully,

Mdm Valerie Goh
Principal
Kent Ridge Secondary School (No signature is required)

Parents' Acknowledgement – *This is to be signed/acknowledged by parents of all students who are not onboarded to Parents' Gateway.*

MOE SEXUALITY EDUCATION IN SCHOOLS PARENTS' ACKNOWLEDGEMENT

Dear Mdm Valerie Goh, Principal, Kent Ridge Secondary School

I acknowledge receipt of letter from the school dated on 20 January 2025 regarding the school's Sexuality Education lessons that will be taught in 2025. 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

[Parent Opt-out Form – This section is applicable only for parents who wish to opt their child out of the MOE Sexuality Education programme for 2025.]



MOE SEXUALITY EDUCATION IN SCHOOLS

PARENT OPT-OUT FORM

To: Mdm Valerie Goh, Principal, Kent Ridge Secondary School

Dear Mdm Goh

1. I would like to withdraw my child, _____, of
(full name of child)
_____, from Sexuality Education lessons for 2025.
(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: _____

Thank you.

Parent's Name & Signature: _____

Parent's Email address: _____

Parent's Contact No. (mobile) _____

Child's Full Name: _____

Child's Class: _____

Date: _____

Health Promotion Board

eTeens for Secondary Schools

Dear Parent/Guardian,

The Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate Secondary 3 students about preventing STI (Sexually Transmitted Infections)/ HIV (Human Immunodeficiency Virus). The programme provides information on the 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) Sexually transmitted 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), consequences and impact
 - b) Skills for decision-making, assertiveness, negotiation to say 'no' to peer pressure
 - c) Managing relationships and risky situations in a healthy way.
3. The programme includes a mass talk and a classroom-based lesson:
 - a) The mass talk includes a presentation on different scenarios involving teenagers and responsible decision-making to respect the boundaries of self and others.
 - b) The classroom-based lesson by an MOE Sexuality Education trained (SEd) teacher reinforces skills of responsible decision-making, negotiation and assertiveness, based on the values which students have been brought up with, in the family and the community. The training for teachers who conduct the classroom-based lesson is provided by MOE.
4. Additional information is available on the MOE website <https://go.gov.sg/moe-sexuality-education>.
5. If you do not wish your child/ward to attend this programme, please complete the opt-outform on page 2 of this document. For further clarifications about this programme, please email us at Eileen_Chee@hpb.gov.sg and Shaheerah_Kamas@hpb.gov.sg

Yours Sincerely,



Robin Lee (Mr)
Deputy Director
Communicable Diseases
Preventive Health Programmes and Rewards Division, HPB

Health Promotion Board
eTeens for Secondary Schools
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