



PUNGGOL SECONDARY SCHOOL 培道中学

51 Edgefield Plains, Singapore 828870 Tel: 6489 7851 Fax: 6489 7859

Website: www.punggolsec.moe.edu.sg

12 Jan 2026

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 for more information on MOE Sexuality Education Programme for 2026.
5. This programme is on an opt-out basis. Hence, please indicate according only if you would like to opt your child/ward out of the sexuality education programme by 27 Mar 2026.

Thank you.

Yours sincerely,

Ms Valerie Tng
Principal

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SELF-RESPECT



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Annex A

[**Parent Opt-out Form –This section is applicable only if parents/guardians wish to opt their child/ward out of the Sexuality Education.]**

Date: _____

Parent/Guardian's Name & Signature: _____

Child/Ward's name: _____ Class: _____

Dear Principal

SEXUALITY EDUCATION FOR YEAR 2026

1. I would like to withdraw my child, _____, of
(full name of child/ward)

_____ from the Sexuality Education Lessons for 2026.
(class of child)

2. My reason(s) for my decision to opt my child/ward out of the programme:

- Religious reasons. Please state religion: _____
- My child/ward is too young.
- I would like to personally educate my child/ward on sexuality matters.
- I do not think it is important for my child/ward to attend Sexuality Education.
- I have previously taught my child/ward 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: _____

3. Thank you.

Parent/Guardian's Name & Signature

Contact No. (mobile)

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