



ST. GABRIEL'S SECONDARY SCHOOL

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3 February 2023

Dear Parents/ Guardians

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. Please visit the school's Sexuality Education webpage
<https://stgabrielssec.moe.edu.sg/co-curricular/character-n-citizenship-education/values-education/sexuality-education> for more information on St. Gabriel's Secondary School's Sexuality Education Programme for 2023.
5. Thank you.

Yours faithfully,



Mr Shawn Lim
Signature of Principal

[Parents' Acknowledgement – This is to be signed by parents of all students.]

Dear Mr Shawn Lim,

SEXUALITY EDUCATION LESSONS FOR YEAR 2023

I acknowledge receipt of letter from the school dated on 03 Feb 2022 regarding the school's Sexuality Education lessons that will be taught in 2023. 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 if parents wish to opt their child out of the Sexuality Education lessons.]

Date: _____

Parent's Name: _____

Parent of (Child's name): _____

Mr Shawn Lim

St. Gabriel's Secondary School

Dear Principal

SEXUALITY EDUCATION LESSONS FOR YEAR 2023

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

_____, from the Sexuality Education lessons for 2023.
(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 lessons.
- ☐ 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: _____

3. Thank you.

Parent's Name & Signature

Contact No. (mobile)

Email address

Annex B



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

Dear Sir/ Madam

1. HPB, in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conduct a programme titled Empowered Teens (*eTeens*) to educate secondary 3 students about preventing STIs/HIV. The programme provides accurate information to help students make good life choices by raising awareness about how STIs/HIV are prevented to discourage risky sexual behaviours.
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 to prevent disease;
 - d) Skills for decision-making, assertiveness, negotiation to say “no” to peer pressure to have pre-marital sex; and
 - e) Consequences and impact of STIs/HIV.
3. The programme includes a 1-hour talk and a 1-hour classroom-based lesson:
 - a) The talk includes a multi-media presentation using a video and presentation to convey key learning points. The video depicts how two teenagers at a birthday party weigh considerations when resisting peer pressure and eventually make responsible decisions. Presenters are engaged by the Health Promotion Board (HPB) and follow a presentation guide approved by MOE.
 - b) The classroom-based lesson 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 for by MOE.
4. Additional information is available on the MOE website¹.
5. If you do not wish your child/ward to attend this programme, please opt out. For further clarifications about this programme, please email us at hpb_yhp@hpb.gov.sg

Yours
sincerely

A handwritten signature in black ink, appearing to read "Ann Low".

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

¹ <https://www.moe.gov.sg/programmes/sexuality-education/scope-and-teaching-approach>

eTeens 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