

## **CHRIST CHURCH SECONDARY SCHOOL**

### **MOE'S SEXUALITY EDUCATION IN SCHOOLS**

1. Sexuality education (SEd) aims to help our young understand the physiological, social and emotional changes they experience as they mature, develop healthy relationships with the opposite sex and to teach them how to make responsible choices. It is premised on the importance of the heterosexual married family as the basic unit of society, and respect for the values and beliefs of the different ethnic and religious communities on sexuality issues.
2. The goals of SEd are to:
  - i. provide accurate and adequate knowledge on human sexuality and the consequences of sexual activity so that pupils are able to make informed decisions;
  - ii. impart intra- and inter-personal skills of problem-solving, decision-making and effective communication so that pupils are able to build responsible and rewarding relationships; and
  - iii. inculcate positive values and attitudes of sexuality so that pupils develop a respect for themselves and others as sexual beings, in line with the national value of the family as the basic unit of society.
3. The key messages of SEd are:
  - i. Build healthy futures for yourself, family and society.
  - ii. Healthy relationships based on love and respect are the foundation for strong families.
  - iii. Casual sex can lead to unwanted pregnancies, STIs/HIV and AIDS which can harm and hurt your loved ones.

You may refer to the MOE website for more information on MOE's Sexuality Education.

### **OVERVIEW OF CHRIST CHURCH SECONDARY SCHOOL 'S SEd PROGRAMME FOR 2009**

4. Sexuality education in schools is taught in both the formal curriculum and co-curricular programmes. These are covered under four main themes: Human Development, Interpersonal Relationships, Sexual Health and Behaviour, and, Societal Influences.

## Formal Curriculum

5. The curricular subjects in which topics on sexuality are incorporated include

- i. Science
- ii. Pastoral Care Lesson

For more information on the above subjects, you may wish to refer to the MOE website.

## Co-Curricular Programmes

Growing Years (GY) Programme:

- i. "The Teenage Years" (Lower Sec) package
- ii. "Sense & Sexuality" (Upper Sec) package

6. The values and attitudes of our youth towards sexuality are increasingly being 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/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 convictions and an understanding of the possible consequences of sexual behaviour.

7. Through "The Teenage Years" and "Sense & Sexuality", secondary students will have opportunity to develop a positive self esteem, build their character, expand their understanding and repertoire of skills to deal with various issues related to sexuality, which are of prime concern at this age.

**At Christ Church Secondary School, the following lessons from the GY series will be covered in 2009:**

<b>Target Levels</b>	<b>Topics/Lessons</b>	<b>What pupils will learn:</b>	<b>Time Period</b>
Sec 1	<ul style="list-style-type: none"><li>• Healthy Relationships with the opposite sex</li><li>• Love – Crushes &amp;</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate understanding that respect is the underlying value for a healthy relationship</li><li>• Maintain healthy relationships</li></ul>	Term 4

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
	<p>Love</p> <ul style="list-style-type: none"> <li>• Going Steady – Correct Age</li> <li>• Going Steady – Peer Pressure</li> </ul>	<p>with the opposite sex</p> <ul style="list-style-type: none"> <li>• Differentiate infatuation, love &amp; sexual desire</li> <li>• Recognize &amp; demonstrate the importance of cultivating healthy relationships</li> <li>• Recognize &amp; demonstrate the importance of cultivating healthy relationships</li> <li>• Give reasons why they should not go steady at a young age</li> <li>• Able to make sound or informed judgement on the influence of friends on their value system</li> </ul>	
Sec 2	<ul style="list-style-type: none"> <li>• Temptation</li> <li>• Petting &amp; its Consequences</li> <li>• Teenager Pregnancy – Choices</li> <li>• Teenager Pregnancy - Consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize sources of temptation and consequences of petting</li> <li>• Take action to avoid becoming sexually tempted</li> <li>• Understand that every option is not a private decision, but has consequences for both parties and their families</li> <li>• Understand that premarital sex has harmful consequences including unwanted pregnancy</li> <li>• Understand that premarital sex is not a private matter between 2 teenagers and that it has consequences for both parties and their families</li> </ul>	Term 4
Sec 3	Breaking Down Barriers (BDB)	<ul style="list-style-type: none"> <li>• A programme developed by Health Promotion Board, in collaboration with the Ministry of Education for all Sec 3 students.</li> </ul>	Term 1 & 2
Sec 4	<ul style="list-style-type: none"> <li>• Am I saying 'Yes' or 'No' to Sex?</li> <li>➤ Interpersonal Relationships</li> <li>➤ Sexual Health &amp; Behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise that there are different ways of inviting sexual intimacy, namely through dressing, speech, actions and choice of dating venues</li> <li>• Assess if the dressing, speech, actions and choice of venues are inviting sexual intimacy</li> <li>• Reject social pressures to be involved in sexual</li> </ul>	Term 2

Target Levels	Topics/Lessons	What pupils will learn:	Time Period
	<ul style="list-style-type: none"> <li>• Must Break Ups Lead to Break Downs?</li> <li>• Interpersonal Relationships</li> </ul>	activities <ul style="list-style-type: none"> <li>• Suggest ways to develop intimacy in relationships without resorting to sexual activities</li> <li>• Explain the process of grief and loss that people experience when a relationship breaks down</li> <li>• Recognize that they can actually emerge a stronger person after a break up</li> <li>• Identify healthy ways of dealing with break ups</li> </ul>	

### Breaking Down Barriers (BDB) Programme

8. The Breaking Down Barriers (BDB) is a programme developed by Health Promotion Board, in collaboration with the Ministry of Education for all Sec 3 students. The programme focusses on Sexually Transmitted Infections (STIs)/HIV education and aims to raise awareness of the modes of transmission of the different STIs/HIV, as well as the modes of protection. Students are taught skills such as decision-making, assertiveness and negotiation in order to say no to sex and negative peer pressure. Abstinence as the best option for teens remains a key message.

**At Christ Church Secondary School, the BDB programme will be implemented as follows in 2009:**

Topics/Lessons	What pupils will learn:	Time Period
Mass Talk by HPB appointed vendor	<ul style="list-style-type: none"> <li>• Awareness of the different STIs and HIV/AIDS</li> <li>• Modes of transmission</li> <li>• Modes of protection, specifically the use of condom</li> </ul>	Term 1
Class-based Lesson 1: Decision-Making	<ul style="list-style-type: none"> <li>• Consequences in any decision they make regarding sexual intercourse</li> <li>• Decision-making is a process that can be learnt</li> <li>• It is important to have correct and accurate information to make the right decisions regarding one's sexual health</li> <li>• How to make decisions that will reduce the risk to their sexual</li> </ul>	Term 1

Topics/Lessons	What pupils will learn:	Time Period
	health.	
Class-based Lesson 2: Assertiveness	<ul style="list-style-type: none"> <li>• What is assertive behaviour?</li> <li>• How can one respond to persuasion assertively</li> </ul>	Term 2
Class-based Lesson 3: Negotiation	<ul style="list-style-type: none"> <li>• How to negotiate one's way out of a negative situation by applying skills learnt from Lesson 2</li> <li>• Assessing situations to aid the control of impulses in sexual behaviour</li> <li>• Revision of risk reduction for STIs/HIV (learnt earlier in mass lecture).</li> </ul>	Term 2

### INFORMATION FOR PARENTS

- i. Parents can opt their children out of the entire sexuality education programme or for individual topics, talks or workshops.
- ii. Parents who wish to opt their children out of the Growing Years Series need to complete an opt-out form. This form (**see Annex A**) will be distributed to parents and is also downloadable from the school's website. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 03/09/2009.
- iii. Parents who wish to opt their children out of the Breaking Down Barriers Programme need to complete an opt-out form. This form (**see Annex B**) will be distributed to parents prior to the start of the programme and is also downloadable from the school's website. A hardcopy of the form, duly completed and signed, is to be submitted to the school office by 16/02/2009.
- iv. Parents can attend the sexuality education programmes by external providers with their children if they wish to. Parents should contact the school to make the necessary arrangements.
- v. For more information, please contact the school at 6893 3297 or email [ccss@moe.edu.sg](mailto:ccss@moe.edu.sg) if you would like to discuss or seek clarifications about our school's sexuality education programme.



Dear Sir/ Madam,

**STI (SEXUALLY TRANSMITTED INFECTIONS) / AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME) EDUCATION PROGRAMME IN SCHOOLS (SECONDARY)**

Health Promotion Board (HPB) has been conducting the STI/AIDS Education Programme in schools since 1993. The programme aims to raise awareness on STI/AIDS, inform students about ways to prevent infection and discourage promiscuous sexual behaviours.

2. HPB has recently enhanced the programme with inputs from Ministry of Health (MOH) and Ministry of Education (MOE). The enhanced programme will consist of an assembly presentation, followed by class-based activities. It will cover information on how STI are transmitted, signs, symptoms and consequences of STI/AIDS, effective ways of protection including abstinence, being faithful as well as condom use, and life-skills such as decision-making. The enhanced programme has been conducted in schools since 2007 by trained personnel from HPB and teachers.

3. If you do not wish your son/daughter/ward to attend this programme, please fill in the Withdrawal section below and return it to the school. For any clarifications regarding this programme, kindly contact Mr Kelana Baharim at 6435 3943 or email hpb\_shp@hpb.gov.sg with "STI/AIDS programme" and your child's school in the subject heading.

4. Thank you for your cooperation.

Yours sincerely

Mr Allan Chan  
Deputy Director,  
Secondary School & Junior College Outreach Department  
Youth Health Division  
Health Promotion Board

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**WITHDRAWAL FROM STI/AIDS EDUCATION PROGRAMME (SEC)**

**Please complete this section if you DO NOT wish your child to attend our STI/AIDS Education Programme and return it to the school.**

I, (name) \_\_\_\_\_, (NRIC no.) \_\_\_\_\_ do not wish my son/ daughter/ward (delete accordingly), (name) \_\_\_\_\_, from \_\_\_\_\_ (class/name of school) to participate in the STD/AIDS Education Programme conducted by Health Promotion Board. The reason for this is

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date