



16 Jan 2023

Dear Parents/ Guardians

MOE Sexuality Education in Schools

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 gender, 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 for more information on Punggol Secondary School's Sexuality Education Programme for 2023.

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.

Thank you.

Yours sincerely,

Ms Valerie Tng
Principal



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Annex A

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

Date: _____

Parent's Name & Signature: _____

Child's name: _____ Class: _____

Dear Principal

SEXUALITY EDUCATION 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. Please state religion: _____
- 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: _____

3. Thank you.

Parent's Name & Signature

Contact No. (mobile)

Email address (optional)

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