

# MOE Sexuality Education

## Introduction to Sexuality Education in Schools

Sexuality education is a process of acquiring knowledge and skills, and forming attitudes, beliefs and values with regard to human sexuality.

The MOE Sexuality Education helps students understand the physiological, social and emotional changes they experience as they mature, develop healthy and rewarding relationships, and make wise, informed and responsible decisions on sexuality matters.

Sexuality Education covers the following dimensions of a person's sexuality:

- **Physical:** Physical sexual maturation and intimacy, the physiology of sex and human reproduction;
- **Emotional:** Sexual attitudes and feelings towards self and others;
- **Social:** Sexual norms and behaviour and their legal, cultural and societal implications; and
- **Ethical:** Values and moral systems related to sexuality.

Issues of sexuality would involve value judgments. Parents as the primary care-givers, are responsible for the health and moral values of their children. Hence, parents may choose to opt their children out of a school's sexuality education programme, talks and workshops. Parents may refer to the [Roles of Stakeholders](#) webpage for more information on the role of parents in the sexuality education of their children.

### *Why the Need for MOE Sexuality Education*

Our children and youth grow up in a rapidly changing world where globalisation and technological advancements expose them to a wide range of influences from around the world. They need to acquire the knowledge, skills, values and attitudes which will allow them to develop healthy and responsible relationships and make informed and responsible decisions. While parents play the primary role, schools have a complementary role in providing sexuality education as part of a holistic education.

With accurate, current and age-appropriate knowledge, and social and emotional skills, our children and youth will be equipped to protect themselves from sexual advances and abuse, and avoid sexual experimentation and activities that lead to problems related to teenage pregnancies and STIs/HIV.

### Footnote

Source: Ministry of Health (MOH) and Registry of Births and Deaths (RBD), Singapore. [↵](#)

See more at: <https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sexuality-education#sthash.vtaPBfAk.dpuf>

## Schedule for P5 and P6 Topics

### P5

Lessons	Time	Remarks
Lesson 1: What Is Happening to Me?	Term 2 Week 4	Gender Specific Grouping
Lesson 2 & 3: What Can I Do? (Part 1 & 2)	Term 2 Week 5	Conducted by Teachers who are Trained in Sexuality Education
Lesson 4: Main Task For Unit 1	Term 2 Week 6	
Lesson 5: What are Families?	Term 4 Week 9	
Lesson 6: What is my role?		Conducted by Teachers who are Trained in Sexuality Education
Lesson 7: What is my role?		
Lesson 8: What is my role?		

**P6**

<b>Lessons</b>	<b>Time</b>	<b>Remarks</b>
Lesson 9: Who are my friends?	Term 2 Week 4	Conducted by Teachers who are Trained in Sexuality Education
Lesson 10: AM I a Good Friend	Term 2 Week 5	
Lesson 11: What is Love?	Term 2 Week 9	As part of post exam activities
Lesson 12: Am I Falling in Love?		
Lesson 13: Main Task for Unit 4	Term 2 Week 10	
Lesson 14: Are you Really My Friend?	Term 4 Week 8 & 9	As part of post exam activities
Lesson 15: Is it all Safe?		
Lesson 16: Main Task for Unit 5		