

RIVER VALLEY HIGH SCHOOL

MOE SEXUALITY EDUCATION IN SCHOOLS

1. 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 to:

- (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.

You may click [here](https://go.gov.sg/moe-sexuality-education) (<https://go.gov.sg/moe-sexuality-education>) for more information on MOE Sexuality Education.

OVERVIEW OF RIVER VALLEY HIGH SCHOOL'S SEXUALITY EDUCATION PROGRAMME FOR 2026

4. Sexuality Education is delivered in a holistic manner through the school curriculum. The content for Sexuality Education is grouped into five main themes: Human Development, Interpersonal Relationships, Sexual Health, Sexual Behaviour, and, Culture, Society and Law. You may click [here](https://go.gov.sg/moe-sexuality-education-scope) (<https://go.gov.sg/moe-sexuality-education-scope>) for more information on the scope of Sexuality Education in the school curriculum.

Sexuality Education:

5. The focus for Sexuality Education at Pre-University is on respectful relationships. Specifically, the JC/MI package covers themes of Interpersonal Relationships, Sexual Health, Sexual Behaviour, and Culture, Society and Law woven into the main focus on relationships.

At River Valley High School, the following Sexuality Education lessons will be taught in 2026:



Ministry of Education
SINGAPORE

2026 SEXUALITY EDUCATION LESSONS IN CCE

PRE-U YEAR 1 / IP YEAR 5

MODULE / THEME	LESSON TITLE / DURATION	Lesson Overview	TIME PERIOD (e.g. Term 1 Week 8)
Developing Healthy Relationships/ Theme 3B 'Sexual Health and Behaviour'	What Are Your #relationshipgoals? (60 mins)	<p><i>What are unhealthy relationships and who can I turn to if I need help? How does one manage aggression, both physical and emotional, in relationships?</i></p> <p>In this lesson, students will learn to navigate challenges in a dating relationship. This includes identifying unhealthy relationships, when to seek help, who to turn to for support and to appreciate that one can emerge stronger and be better prepared for future relationships.</p> <p>Students will have a deeper understanding of what dating and family violence entails and be reminded of the importance of respect for others.</p>	Term 3 Week 3
	If Not Now When (Part 1) (60 mins)	<p><i>Are values such as abstinence of sexual activity before marriage still valid in the world today? Why? Is abstinence a reasonable choice?</i></p> <p>In this lesson, students examine issues related to abstinence and explore the balance between being free to make personal choices and being responsible for the consequences of their choices. They will</p>	Term 3 Week 5

MODULE / THEME	LESSON TITLE / DURATION	Lesson Overview	TIME PERIOD (e.g. Term 1 Week 8)
		<p>understand that, in the face of conflicting voices and perspectives, they need to focus on integrity, and choose to act in accordance with sound values and moral principles.</p> <p>In so doing, students learn to make responsible decisions for self and others, and think through the consequences of doing so.</p>	
	<p>If Not Now When (Part 2)</p> <p>(60 mins)</p>	<p><i>Is one's personal choice more important than considering the impact and consequences of one's choice on others?</i></p> <p>In this lesson, students examine issues related to abortion and the impact of sexually transmitted infections (STIs), and understand that one has to make responsible decisions for both self and others.</p> <p>Students are also taught to consider sexual abstinence before marriage to remove any risks that come with casual sex. The lesson will also focus on being a source of support for others who may be pregnant or have STIs.</p>	Term 3 Week 8



Ministry of Education
SINGAPORE

2026 SEXUALITY EDUCATION LESSONS IN CCE

PRE-U YEAR 2 / IP YEAR 6

MODULE / THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 8)
Developing Healthy Relationships/ Theme 3C 'Society, Culture and the Law'.	Why is Voyeurism Wrong? (60 mins)	<p><i>Is voyeurism wrong? Why?</i></p> <p>In this lesson, students will examine the relationship between rights and responsibilities by exploring societal expectations, the laws that protect teenagers from sexual crimes, and the legal consequences of inappropriate sexual behaviour.</p> <p>Students will examine what makes voyeurism wrong, learn the importance of the law as signposts for desired behaviours and conduct in society, and the importance of one's moral compass in responsible decision-making and choosing to do what is right.</p>	Term 2 Week 2
	Overcoming Stereotypes (60 mins)	<p><i>How does the media portray gender and relationships? How do societal influences affect our understanding of gender stereotypes?</i></p> <p>In this lesson, students will recognise that some segments of society may inaccurately reflect the efforts needed to maintain healthy relationships, leading to skewed assumptions of sexual messages and connotations within relationships.</p>	Term 2 Week 3

MODULE / THEME	LESSON TITLE / DURATION	LESSON OVERVIEW	TIME PERIOD (e.g. Term 1 Week 8)
		Students will understand how societal influences can skew one's understanding of gender stereotypes (e.g. boys should not cry, and are to suppress emotional sensitivity so as not to seem weak; girls are physically weak and unathletic, and downplay achievements so as to fit in), which can affect interactions and relationships in ways that are harmful to themselves and others.	

eTeens Programme:

6. *eTeens* is a programme that was developed by Health Promotion Board, in collaboration with the Ministry of Education, to provide JC/MI Year 1 students with accurate information on STIs/HIV and protection from a health perspective. With the formation of the Communicable Diseases Agency (CDA) on 1 April 2025, the programme would now be managed by CDA's Training and Education Division instead of HPB. The desired outcome of the *eTeens* programme is that students are empowered to make wise, informed and sensible decisions to protect themselves from sexually transmitted infectious diseases.

7. Students learn the health, social and financial implications of STIs/HIV on an individual and the family, and the importance of responsible decision-making and seeking help. Abstinence and upholding family values are the key messages.

At River Valley High School, the *eTeens* programme will be implemented as follows in 2026

Topics/Lessons	Programme Learning Objectives	Time Period (e.g. Term 3 Week 2)
Mass Talk <ul style="list-style-type: none"> by pre-recorded video from January 2026 	(a) Sexually transmitted infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use), consequences and impact of STIs/HIV (b) Skills for respecting boundaries (e.g. decision-making, assertiveness, negotiation to say 'no' to peer pressure to have pre-marital sex) (c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking	Term 4 Week 2

INFORMATION FOR PARENTS

8. Parents may opt their children out of Sexuality Education and/or supplementary Sexuality Education programmes by MOE-approved external providers.
9. Parents who wish to opt their children out of the **Sexuality Education lessons** need to complete an opt-out form. This form will be communicated to parents at the start of the year, either through Parents Gateway and FormSG or hard copy ([Annex A](#)). The completed form is to be submitted by **27/02/2026 Friday**.
10. Parents who wish to opt their children out of the **eTeens programme** need to complete an opt-out form. This form will be communicated to parents at the start of the year, either through Parents Gateway and FormSG or hard copy ([Annex B](#)). The completed form is to be submitted by **27/02/2026 Friday**.
11. Parents can contact the school at 65678115 or rvhs@moe.edu.sg for discussion or to seek clarification about the school's Sexuality Education programme.

30/01/2026

Dear Parents/ Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS

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- (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 (<https://rivervalleyhigh.moe.edu.sg/information/moe-sexuality-education-in-schools-jc>) for more information on **River Valley High School's Sexuality Education Programme for 2026**.

Thank you.

Yours faithfully,

A handwritten signature in blue ink, consisting of a stylized 'C' followed by a 'W' and a 'Y'.

Mdm Choy Wai Yin
Signature of Principal

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

MOE SEXUALITY EDUCATION IN SCHOOLS PARENTS' ACKNOWLEDGEMENT

Dear Mdm Choy Wai Yin, River Valley High School

I acknowledge receipt of letter from the school dated on 30/01/2026 regarding the school's Sexuality Education programme that will be taught in 2026. 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 for parents who wish to opt their child out of the MOE Sexuality Education programme for 2026]

MOE SEXUALITY EDUCATION IN SCHOOLS PARENT OPT-OUT FORM

To: Mdm Choy Wai Yin, River Valley High School

Dear Principal

1. I would like to withdraw my child, _____, of
(full name of child)
_____, from the Sexuality Education programme for 2026.
(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.
 - ☐ 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: _____

Thank you.

Parent's Name & Signature: _____

Parent's Email address: _____

Parent's Contact No. (mobile) _____

Child's Full Name: _____

Child's Class: _____

Date: _____

**Communicable Diseases Agency
eTeens for Junior Colleges and Centralised Institutes (JCs/MI)**

Dear Parent/Guardian,

The Communicable Diseases Agency (CDA), in collaboration with the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate all Junior Colleges/Millennia Institute (JCs/MI) Year 1/IP Year 5 students about preventing STI (Sexually Transmitted Infections)/HIV (Human Immunodeficiency Virus). The programme which was previously managed by the Health Promotion Board (HPB), provides information on transmission and prevention of STIs/HIV and helps guide students to make good life choices to avoid risky sexual behaviors.

2. The following topics are taught:

- a) Sexually transmitted infectious diseases (STIs and HIV): what it is, how it spreads, how to prevent infection mainly through ABC (abstinence, being faithful, correct, and consistent condom use), consequences and impact
- b) Skills for respecting boundaries, (e.g. decision-making, assertiveness, negotiation to say 'no' to peer pressure)
- c) Managing relationships and risky situations in a healthy way, including avenues for help-seeking

3. The programme includes a presentation on a scenario involving teenagers, responsible decision-making to respect the boundaries of self and others and interview segments.

4. Additional information is available on the MOE website <https://go.gov.sg/moe-sexuality-education>

5. If you do not wish your child/ward to attend this programme, please complete the opt-out form on page 2 of this document and return it to the school. For further clarifications about this programme, please email us at Eileen_Chee@cda.gov.sg.

Yours
Sincerely,



Robin Lee (Mr)
Deputy Director
Training and Education Division, CDA

**Communicable Diseases Agency
eTeens for Junior Colleges and Millennia Institute (JCs/MI)
eTeens Opt-out**

Please complete this section if you DO NOT wish your child/ward 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 Communicable Diseases Agency.

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