



JURONG WEST SECONDARY SCHOOL

61 Jurong West Street 65 Singapore 648348

Tel: 62623593 | Fax: 62623587 | Web: www.jurongwestsec.moe.edu.sg

School Reference No: JWSS/2025/0008

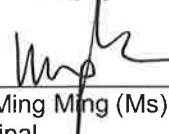
06 January 2025

Dear Parents/ Guardians

MOE SEXUALITY EDUCATION IN SCHOOLS - *THE GROWING YEARS PROGRAMME 2025*

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:
 - (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:
 - (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://www.jurongwestsec.moe.edu.sg/holistic-development/sexuality-education/> for more information on Jurong West Secondary School's Sexuality Education Programme for 2025.
5. Kindly acknowledge your child's participation via Parent's Gateway (PG) or by signing and submitting the Acknowledgement Slip via your child/ward by **17 January 2025**.
6. If you would like to withdraw your child out of The Growing Years Programme in 2025, please complete the online Opt-out Form at <https://form.gov.sg/6775f50ca980a6fd0f99c610>. For parents without PG, you may use the opt-out form appended.
7. Thank you.

Yours sincerely



Tan Ming Ming (Ms)
Principal



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[Acknowledgement of Letter (For all parents / guardians)]

Dear Principal

MOE SEXUALITY EDUCATION IN SCHOOLS - THE GROWING YEARS PROGRAMME 2025

I acknowledge receipt of letter from the school dated on 06/01/2025, (Ref JWSS/2025/0008), regarding the school's sexuality education, *Growing Years* programme that will be taught in 2025. I have read and understood the information provided on the content coverage and delivery of the programme.

_____	_____
<i>Parent's Name & Signature</i>	<i>Date</i>
Parent of: _____ ()	_____
<i>(Child's Name)</i>	<i>Class</i>

Annex A

[Parent Opt-out Form – This section is applicable ONLY for parents/guardians who are not on Parent's Gateway and would like to opt their child out of the Growing Years programme]

Date: _____

Parent's/Guardian's Name: _____

Parent/Guardian of (Child's name): _____

Religion of the Child: _____

Tan Ming Ming (Ms)
Principal
Jurong West Secondary School

Dear Principal

THE GROWING YEARS PROGRAMME FOR YEAR 2025

1. I would like to withdraw my child/ward, _____, of class _____ from the *Growing Years* programme for 2025.
2. My reason(s) for my decision to opt my child out of the programme:
 - Religious reasons
 - My child/ward is too young.
 - I would like to personally educate my child / ward on sexuality matters.
 - I do not think it is important for my child / ward to attend Sexuality Education lessons.
 - I am not comfortable with the topics / content covered in the GY Programme for this year.
 - I have previously taught my child / ward the topics / content to be covered
 - Others: _____
3. Thank you.

_____	_____	_____
<i>Parent's/Guardian's Name & Signature</i>	<i>Contact No. (mobile)</i>	<i>Email address</i>



06 January 2025



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

1. The Health Promotion Board (HPB), in collaboration with the Ministry of Health (MOH) and the Ministry of Education (MOE), conducts a programme titled Empowered Teens (eTeens) to educate Secondary 3 students about preventing STI (Sexually Transmitted Infections)/ HIV (Human Immunodeficiency Virus). The programme provides information on the 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 decision-making, assertiveness, negotiation to say 'no' to peer pressure
 - c) Managing relationships and risky situations in a healthy way
3. The programme includes a 1-hour talk and a 1-hour classroom-based lesson:
 - a) The mass talk includes a presentation on different scenarios involving teenagers and responsible decision-making to respect the boundaries of self and others.
 - b) The classroom-based lesson by an MOE Sexuality Education trained (SEd) teacher 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 by MOE.
4. Additional information is available on the MOE website <https://go.gov.sg/moe-sexuality-education>.
5. Kindly acknowledge your child's participation via Parent's Gateway (PG) or by signing and submitting the Acknowledgement Slip via your child/ward by **17 January 2025**. If you would like to withdraw your child out of The eTeens Programme in 2025, please complete the online Opt-out Form at <https://form.gov.sg/6775f50ca980a6fd0f99c610> For parents without PG, you may use the opt-out form appended.
6. For any clarification regarding this programme, please email us at hpb_yhp@hpb.gov.sg.

Yours sincerely

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

¹ <https://go.gov.sg/moe-sexuality-education>



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[Acknowledgement of Letter (For all parents / guardians)]

The Empowered Teens (eTeens) Programme 2025

I acknowledge receipt of letter from the school dated on 06/01/2025, (Ref JWSS/2025/0009), regarding the eTeens programme that will be taught in 2025. 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

Annex A

[Parent Opt-out Form – This section is applicable ONLY for parents/guardians who are not on Parent's Gateway and would like to opt their child out of the eTeens programme]

I, (name) _____, do not wish my child/ward*, (name) _____ of class _____, to attend the eTeens STIs/HIV Prevention Programme conducted by the Health Promotion Board.

My reason(s) for opting out:

- Religious Reasons
- My child is too young
- I would like to personally educate my child / ward
- I am not comfortable with the topics/content to be covered
- I do not think it is necessary for my child to attend
- I have previously taught my child the topics/content to be covered
- Others (please state): _____

Thank you.

Parent's/Guardian's
Name & Signature

Contact No. (mobile)

Email address