

ST. JOSEPH'S INSTITUTION

MOE's Sexuality Education in Schools

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.

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.

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.

Overview of SJI's Sexuality Education Programme for 2009

Sexuality education in SJI is taught in the formal curriculum under four main themes: Human Development, Interpersonal Relationships, Sexual Health and Behaviour, and, Societal Influences.

The curricular subjects in which topics on sexuality are incorporated include

- i. Science
- ii. Religious and Moral Education
- iii. Personal and Social Education

For more information on the above subjects, you may wish to [click here](#).

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.

At SJI, the Human Sexuality programme is crafted to suit the needs our students and conducted by our teachers as part of the Religious and Moral Education Programme (RME). The MOE’s Growing Years (GY) Series, “The Teenage Years” and “Sense & Sexuality” packages are incorporated into the programme. Through the programme our students will have the 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.

Overarching Enduring Understanding

My self-identity emerges through how I understand and express my sexuality as an adolescent.

Overarching Essential Question

What has my sexuality got to do with my self-identity as an adolescent?

Levels	Topics/Lessons	What students will learn:	Period
Sec 1	Introduction to Sexuality	Students to be made aware of what sexuality means	Term 4
	What’s happening to me? Changes in the human body due to puberty	Students to understand the physical changes in their bodies	
	Physical and Emotional Aspects of sexuality	Students to recognise the physical and emotional changes in their bodies	
	Love and Infatuation	Students to be made aware of what love and infatuation mean	

	Relationships between members of the opposite sex	Cultivating healthy relationship and understand constructive ways of expressing love	
Sec 2	Pornography	Identify pornography and understand what it is and does That possession and distribution of pornography is illegal Explain the negative effects of pornography	Term 2
	Masturbation	Students to be aware of what effects masturbation has in their growing up years	
	Homosexuality	Students to be able to understand what homosexuality is and what it is not Homosexual and society Homosexuality and the Catholic Church	
Sec 3	Understanding Sexuality	Students are to understand that: <ul style="list-style-type: none"> • Sexuality is integral to being human. • It touches many aspects of our lives and is a powerful energy behind our relationships. • It is important to value themselves as sexual persons. • The media stereotypes male and female qualities and this may be harmful. • To have a positive body image and appreciating their whole selves, both masculine and feminine qualities. 	Term 3
	When Sexuality is Distorted	Students to understand that sexuality is distorted in <ul style="list-style-type: none"> • Lust and rape 	

		<ul style="list-style-type: none"> • Advertisers use sex to sell or market their products. • Pornography 	
	<p>Dating:</p> <ul style="list-style-type: none"> • Motivation behind Dating <ul style="list-style-type: none"> • Pressures and Problems of Dating <ul style="list-style-type: none"> • Friendly Dating Guidelines 	<p>Students are to</p> <ul style="list-style-type: none"> • Gain insight into the dynamics of dating by looking at what motivates people to date • Identify which motives will help lead them into a more satisfying relationship with the opposite sex. <ul style="list-style-type: none"> • Be aware of the Pressures and Problems of Dating. <ul style="list-style-type: none"> • Think about what good guidelines for dating would be i.e. the Dos and Don'ts in Dating 	
	<p>Dating and Sex:</p> <ul style="list-style-type: none"> • Reasons given for premarital sex often overlooks the long term consequences <ul style="list-style-type: none"> • Sexual intercourse should be the expression of deep love between two persons who share the lifelong commitment of marriage. 	<p>Students are to</p> <ul style="list-style-type: none"> • Consider some of the reasons that young people give for engaging in premarital sex. <ul style="list-style-type: none"> • Be aware of the of the long term consequences of sexual intercourse before marriage: <ul style="list-style-type: none"> ○ Pregnancy ○ Sexually Transmitted Disease ○ Diminished Relationship • (Option A Students) understand the Catholic Church's stand against sexual relationships before marriage. 	
Sec 4	Intimacy in a Boy-Girl Relationship	<p>Students to be able to</p> <ul style="list-style-type: none"> • Recognise that involvement in a overly physically and emotionally dependent boy-girl 	Term 3

		relationship can prevent them from reaching their life future goals;	
	Handling Break Ups	<p>Students to be able to</p> <ul style="list-style-type: none"> • Learn how one can cope with a break-up • Explain the process of grief and loss that people experience when a relationship breaks down. • Recognise that they can actually emerge a stronger person after a break up. 	

Breaking Down Barriers (BDB) Programme

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 SJI, the BDB programme will be implemented in October 2009

This is the only programme that SJI engage an external vendor. It is done through the Health Promotion Board.

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

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

INFORMATION FOR PARENTS

Parents can opt their children out of the entire sexuality education programme or for individual topics, talks or workshops.

Parents who wish to opt their sons out of the SJI Human Sexuality Programme need to complete the Growing Years Series opt-out form.

These forms will be distributed to parents at the start of the year 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.

Parents who wish to opt their sons out of the Breaking Down Barriers Programme need to complete an opt-out form. This form 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.

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.

For more information, please contact the school at bernardteo@sjj.edu.sg if you would like to discuss or seek clarifications about our school's sexuality education programme.