

HS/2026/007

15 January 2026

Dear Parent/Guardian,



MOE SEXUALITY EDUCATION IN SCHOOLS

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:

- (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.

4. Please visit the school's Sexuality Education webpage

(<https://www.hougangsec.moe.edu.sg/departments/cce/moe-sexuality-education-in-schools>) for more information on **Hougang Secondary School's Sexuality Education Programme for 2026**.

Thank you.

Yours sincerely,

Mr Brandon Lee
Principal
Hougang Secondary School

MOE SEXUALITY EDUCATION IN SCHOOLS PARENTS' ACKNOWLEDGEMENT



Dear Mr Lee Thuan Sim, Hougang Secondary School

I acknowledge receipt of letter from the school dated on **15/01/2026** regarding the school's Sexuality Education lessons 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

ANNEX A



[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: Mr Lee Thuan Sim, Hougang Secondary School

Dear Principal

1. I would like to withdraw my child, _____, of
(full name of child)

_____, from Sexuality Education lessons 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: _____